P.H.R Processing are proud to bring you Omega™ Seafood

P.H.R Processing Ltd aims to produce premium cooked greenshell™ mussels which can be eaten straight out of the packet or used anywhere live would normally be used.

Omega™ Cooked Gourmet Mussels

Taking greenshell™ mussels grown in the pristine waters of New Zealand’s Marlborough Sounds, P.H.R Processing Ltd inspect, wash and partially de-beard them before they are placed in a plastic pouch.

The pouch is then vacuum packed before being cooked under pressure at high temperature in a steam retort (industrial pressure cooker). Natural flavours are captured and retained through this process while food safety and product shelf life are enhanced.

Omega™ Cooked Gourmet Mussels can be used anywhere live would normally be used!

Key Product Features - greenshell™ mussels
- Available in 500g (17.7oz) and 1Kg (35.3oz) packs - perfect meal or appetizer size
- Washed, scrubbed, partially de-bearded and cooked
- Minimum 12 mussels 500g (17.7oz) or 20 mussels 1Kg (35.3oz) vacuum packed and cooked in the shell
- No added flavours - retaining the fresh natural taste
- No knife required - shells will open when seal is broken
- Quick to heat - just 2 min's in microwave/on stove top
- Long shelf life - will keep in the fridge for 1 YEAR (store below 39°F/4°C) or deep freeze for 2 years. Once open, packs keep 2-3 days in fridge
- Healthy - Low fat, High protein, Good source Omega 3, No preservatives or additives, Low sugar
- Carton - per 15 x 500g (17.7oz) or 10 x 1Kg (35.3oz)

Key Food Service and Consumer Benefits
- Portion control - ideal meal or entrée size
- Easy & quick - ‘no mess, no hassle’
- Presentation and preparation - fine for half shell, full shell or no shell dishes with natural flavour providing ideal base for any mussel dish
- Good finger food - great for catering
- Minimal wastage - long shelf life, handy portions
- Reduced labour costs - save time in prep
- Hygiene - no risk of cross contamination, no risk of listeria
- Easy Storage - fridge/freezer, no smells/dripping in the fridge
- Economy & Efficiency
- Low risk - easy way to extend menu without worrying about turnover of dishes or availability of fresh
OMEGA VERSATILITY
• Entrees, mains, antipasto, catering, bar meals, buffets and room service.
• Chowders or sauce (flavoursome stock included).

OMEGA QUALITY
• European Seafood Exposition 2005 Gold medal winner.
• Winner Hospitality Magazine ‘Best new seafood item’ 2004

ADVANTAGES

<table>
<thead>
<tr>
<th>Taste</th>
<th>Super fresh, all natural, no additives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uses</td>
<td>Serve chilled or prep like live</td>
</tr>
<tr>
<td>Scrubbing</td>
<td>All done</td>
</tr>
<tr>
<td>Grading</td>
<td>Uniform size</td>
</tr>
<tr>
<td>Counting</td>
<td>Portion controlled units 500g/1Kg</td>
</tr>
<tr>
<td>Prep Time</td>
<td>2 minutes</td>
</tr>
<tr>
<td>Shelf Life</td>
<td>12 months in fridge, 24 months in freezer, 3-4 days in fridge – once opened</td>
</tr>
<tr>
<td>Wastage</td>
<td>No wastage – no guess work</td>
</tr>
</tbody>
</table>

Easy menu ideas for Ωmega™ greenshell™ mussels

Served whole with:
bread & salad, sliced lemon and lime

Served whole with dipping sauces:
soy & sesame, BBQ, sweet chilli & coriander, tartare, coconut & lemongrass

Grilled (in the half shell) with:
garlic, bread crumbs and parsley, cheese and celery, mushroom sauce

Or as part of:
an antipasto, a chowder, or a paella!

Ωmega™ Classic Greenshell mussels

1 pkt Ωmega™ mussels
1 small onion chopped
1 celery stick chopped
1 cup of white wine or water
1 tablespoon of chopped fresh parsley

Put all ingredients except Ωmega™ mussels and parsley in a large pan, bring them to boil. Empty Ωmega™ mussels into the pan, heat through, add parsley and serve immediately.

Enjoy!

For more information contact:
Jo@phrprocessing.co.nz
Ph: +64 3 579 1421
Fax: +64 3 579 4213
www.omegaseafood.com

Marketed in Australia by
Independent Fisheries Ltd.
www.indfish.co.nz

Sydney Office Phone (02) 9525 5688
Sydney Office Fax (02) 9526 7459
Mobile / Cell Phone 0449 859 792