

Norish plc (“Norish” or the “Company”)

17 December 2009

Director’s Share Dealing

Norish announces that it was informed on the 16th December 2009 of the purchase of 264,278 Ordinary Shares of nominal value €0.25 each by Tore B. Mantor AS, at a price of 36.5 pence per share on 16th December 2009.

Torgeir Mantor is a director of Tore B. Mantor AS which is owned by the Mantor family.

Following this purchase of shares, Tore B. Mantor AS is the beneficial owner of 1,027,295 Ordinary Shares, representing 12.1% of the Company’s current issued share capital.

Torgeir Mantor also owns 12,600 Ordinary Shares, representing 0.15% of the Company’s current issued share capital.

Enquiries:

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