



202870C Thai Cod & Prawn Fish Cake (Paramount)



Pack Size: 24 X 114G

Details: An authentic Thai cod and prawn fish cake seasoned with lemon grass in a crispy coating flecked with parsley and paprika.

Allergen Information

Contains:

Crustaceans, Fish, Milk

Free from:

Cereal, Celery, Eggs, Peanuts, Lupin, Molluscs, Mustard, Nuts, Sesame, Sulphur Dioxide, Soya

Suitable for:

Halal

Handling Information

Directions For Use:

Cooking Guidelines: For best results, cook from frozen.

Deep Fry: in preheated oil at 180°C for 8-9 minutes.

Oven Bake: place on a baking tray in a preheated oven at 200°C for 18-20 minutes.

Air Fry: Pre-heat the air fryer to 180°C. Place the product in a single layer in the

Storage Instructions:

Keep frozen at -18°C or below. Do not refreeze if allowed to thaw.

Product Ingredients

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INGREDIENTS: : pre fried potato (26%) [potato, sunflower oil], cod (FISH) (17%), water, prawns (CRUSTACEANS) (10%) [prawns, water, salt], potato, rice flour, maize starch, rapeseed oil, gram flour, dehydrated potato, salt, sugar, amaranth flour, skimmed MILK powder, red chilli flakes, spices (ginger,

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

184 kcal / 772 kJ

Fat:

6.2 g

of which saturates:

0.66 g

Carbohydrates:

20.1 g

of which sugars:

1.3 g

Fibre:

1 g

Protein:

6.7 g

Salt:

1.48 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.