



## 203014C Battered Cod 170-200g (Chefs Selections)



Pack Size: 1 X 18

**Details:** This is a 100% full fish fillet, great texture, good flake appearance, and fantastic taste. The closest you can get to a chip shop product from a pre-coated fish product. Sourced from sustainable fishing grounds ?from sea to plate? - total quality management. Can be deep fried or oven baked.

### Allergen Information

**Contains:**

Cereal, Fish, Gluten

**Free from:**

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

### Handling Information

**Directions For Use:**

Deep fry in hot oil at 180'C for approximately 7-9 minutes. Cook from frozen thoroughly until piping hot throughout. Alternatively, place on a baking tray, in a pre heated oven at 200'C/Gas Mark 6 for approximately 22 minutes. This is a raw product and must be cooked to a minimum temperature of 75'C for 30 seconds or

**Storage Instructions:**

Store frozen product at -18'C or colder  
Do not re-freeze after thawing

### Product Ingredients

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Cod (**FISH**) (50%), Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Maize Starch, **WHEAT** Starch, Raising Agents (Disodium Diphosphate, Sodium Carbonate, Ammonium Carbonate), Yeast Extract, Stabiliser (Xanthan Gum), Dextrose, Yeast, Sunflower Oil, Emulsifier

### Nutritional Information

**Typical Values per 100g/ml:**

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

**Energy:**

205 kcal / 857 kJ

**Fat:**

10.7 g

**of which saturates:**

1.4 g

**Carbohydrates:**

15.8 g

**of which sugars:**

0.5 g

**Fibre:**

0.7 g

**Protein:**

11 g

**Salt:**

0.6 g



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.