

203015C Battered Cod 230-290g (Chefs Selections)

Pack Size: 1 X 15

Details: 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

Free from:

Celery, Crustaceans, Eggs, Gluten, 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 9-11 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 25 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 Product Ingredients:

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

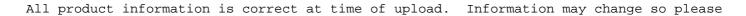
Carbohydrates: 15.8 g

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.