



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

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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.