



203625C Sea Bass, Ginger & Lime Fish Cake (Paramou



Pack Size: 20 X 100G

Details: A premium blend of seabass and cod mixed with potato and chopped spring onions and seasoned with ginger and lime.

Allergen Information

Contains:

Fish

Free from:

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

Suitable for:

Halal, Coeliacs

Handling Information

Directions For Use:

For best results, cook from frozen.

Deep fry in preheated oil at 180°C for 4-5 minutes. Can be coated in flour prior to cooking.

Flash fry in preheated oil at 180°C for 2-3 minutes, then oven bake in a preheated

Storage Instructions:

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

Product Ingredients

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Potato, sea bass (**FISH**) (20%), cod (**FISH**), gluten free breadcrumb [rice flour, gram flour, maize starch, salt, dextrose], spring onions, ginger (2%), salt, lime juice concentrate, parsley, garlic, water, white pepper.

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

103 kcal / 432 kJ

Fat:

2.3 g

of which saturates:

0.5 g

Carbohydrates:

10.7 g

of which sugars:

0.9 g

Fibre:

1.9 g

Protein:

8.9 g

Salt:

0.8 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.