



206248C Bengali Prawn (Whitby)



Pack Size: 6 X 450G

Details: A warm heat like the Indian sunshine over the province of West Bengal, these king prawns are marinated in a flavoursome combination of fenugreek, fennel, cumin, mustard and black onion seeds for an authentic fresh taste.

Allergen Information

Contains:

Cereal, Crustaceans, Gluten

Free from:

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

May contain:

Molluscs, Fish

Handling Information

Directions For Use:

Always cook from frozen. The instructions below are just a guide; do make sure our product is piping hot throughout before serving. Once cooled, please don't reheat. Deep fry: 4 Mins Remove all packaging and place the coated prawns into hot oil (180°C). Cook from frozen for 4 minutes until crisp and golden. Drain on kitchen

Storage Instructions:

Keep in the freezer and polish off by the best before date, please don't refreeze

Product Ingredients

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King prawns (**CRUSTACEANS**) (38%) water, breadcrumbs (Fortified **WHEAT** flour [**WHEAT** flour, calcium carbonate, iron, niacin, thiamin], yeast, salt, coriander leaf, parsley, ground cumin, black pepper, black onion seed), batter (water, fortified **WHEAT** flour [**WHEAT** flour, calcium carbonate, iron,

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

132 kcal / 559 kJ

Fat:

1.3 g

of which saturates:

0.2 g

Carbohydrates:

19.8 g

of which sugars:

0.4 g

Fibre:

0.6 g

Protein:

10 g

Salt:

0.93 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.