



309333C Fish Sauce (Blue Dragon)



Pack Size: 12 X 1LT

Details: Matured for 12 months to allow a full and salty flavour to develop, fish sauce (Nam Pla) is used in Thai cuisine as an essential ingredient for seasoning. It provides a balance to other key flavours in Thai dishes of hot, sweet and sour.

Allergen Information

Contains:

Fish

Free from:

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

May contain:

Molluscs, Crustaceans

Suitable for:

Halal

Handling Information

Directions For Use:

Essential ingredient in Thai cuisines and noodle dishes. To create a marinade or dressing combine 1 tablespoon of fish sauce with 2 teaspoons of sugar 3 tablespoons of lime juice and a handful of chopped coriander.

Storage Instructions:

store in a cool dry place. Once opened, store in an airtight container and use by best before date indicated.

Product Ingredients

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Anchovy Extract (**FISH**) (68%), Salt , Sugar

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

35 kcal / 231 kJ

Fat:

0.01 g

of which saturates:

0.01 g

Carbohydrates:

6.2 g

of which sugars:

4.8 g

Fibre:

0 g

Protein:

7.3 g

Salt:

30.2 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.