

Cod Fish Fingers (Bird's Eye)

Pack Size: 7 X 896G

Product Description:

Each and every Bird's Eye fish finger is irresistibly tasty and full of goodness. These cod fish fingers are made with 100% cod fillet and the delicious light and crispy golden breadcrumb means empty plates are guaranteed!

Brand: Bird's Eye



Ingredient Declaration: Cod(Fish) (58%), Breadcrumb Coating*, Rapeseed Oil, * Breadcrumb Coating (Wheat Flour, Water, Potato Starch, Salt, Paprika, Yeast, Turmeric).

Allergens:

NOT APPLICABLE N/A

CONTAINS Cereal, Crustaceans, Fish, Gluten

Additional Allergen Information:

Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	Yes	Hazelnuts	No
		Macadamia (Queensland) nuts	No
		Pecan nuts	No
		Pistachio nuts	No
		Walnuts	No

Diet Suitability:

NOT APPLICABLE N/A

Nutritional Information:

Nutrient	per 100g/ml
Energy (kJ/kcal)	207 kcal / 866 kJ
Fat	9 g
of which Saturates	0.7 g
Carbohydrate	19 g
of which Sugars	0.9 g
Fibre	0.8 g
Protein	12 g
Salt	0.51 g

Directions For Use:

Oven baked straight from the Freezer 230oC, Fan 210oC, Gas Mark 8 12-15mins Pre-heat the oven. Place on a baking tray in the top part of the oven. Turn over halfway through cooking Cook until crisp and golden. Alternatively grill Medium grill 12-15 mins Pre-heat the grill Turn over occasionally Cook until crisp and golden Alternatively Air fry from frozen 8 mins Pre-heat to 180oC for 3 1/4 minutes Place Product in the basket (max 8 fish fingers) and place in the pre-heated air fryer.

Shake halfway through cooking Cook until crisp and golden Allow to stand for 1 minute

Storage Instructions: Store in a freezer at -18oC or cooler

Shelf Life Once Open: 0 Days

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.