

# Battered Cod 230-290g (Chefs Selections)

**Pack Size:** 1 X 15

## Product Description:

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.

**Brand:** Chefs Selections



**Ingredient Declaration:** Cod (FISH) (50%), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Water, Rapeseed Oil, Salt, Maize Starch, WHEAT Starch, Raising Agents Disodium Diphosphate, Sodium Hydrogen Carbonate, Ammonium Carbonate), Yeast Extract, Stabiliser (Xanthan Gum), Yeast, Dextrose.

## Allergens:

NOT APPLICABLE	N/A
CONTAINS	Cereal, Fish, Gluten

## Additional Allergen Information:

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

## Diet Suitability:

NOT APPLICABLE	N/A
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## Nutritional Information:

Nutrient	per 100g/ml
<b>Energy (kJ/kcal)</b>	199 kcal / 832 kJ
<b>Fat</b>	10 g
<b>of which Saturates</b>	0.8 g
<b>Carbohydrate</b>	17.4 g
<b>of which Sugars</b>	1.1 g
<b>Fibre</b>	0.8 g
<b>Protein</b>	9.4 g
<b>Salt</b>	0.8 g

## Directions For Use:

Deep fry from frozen: in hot oil 180°C for approximately 9 - 11 minutes. Cook 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 equivalent.

**Storage Instructions:** Keep frozen. Store at -18°C or colder. Do not re-freeze after thawing.

**Shelf Life Once Open:**

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.