

# KB's

READY TO COOK

Choose ASC to support  
responsible aquaculture



**PIECE COUNT** 22-28 pieces per bag  
**PIECE WEIGHT** Avg 40g per piece



**PIECE COUNT** 13-15 pieces per bag  
**PIECE WEIGHT** Avg 70g per piece

These products come from farms that have been certified to the ASC's Standard  
for responsibly farmed seafood

- High quality fish
- Crispy flaky batter
- Appetising entertainment option
- 1kg re-sealable free-standing bag
- 5 x 1kg bags to a shipping case

## AVAILABLE NOW!

To place your order, please contact your nearest Sales Office.

# CRISPY FISH BITES



# CRISPY FISH FILLETS



Our delicious Crispy Fish Bites and Fillets are prepared using only the finest ingredients, for you to simply cook and enjoy.

## INGREDIENTS

**Basa** (60%) ([*Pangasius hypophthalmus*], Mineral Salts [450, 451], Batter (**Wheat** Flour, Tapioca Starch (contains **Sulphite**), Thickener [1420], Raising agents [341i, 450i, 500ii], Spices [onion, garlic, pepper], Sugar, Salt, Thickener [1442], **Wheat** Starch, Yeast extract, Acidity Regulator [170], Flavour enhancer [635]), Marinade [Sugar, Spices [celery, garlic, onion, pepper], Salt, Rice Flour, Flavour enhancer [621], Acidity Regulators [330, 170], Raising agents [450i, 500ii]), **Soybean** Oil.

## ALLERGY ADVICE

Contains: Fish, Wheat (Gluten) and Soy.  
May Contain Sulphite.

## STORAGE INSTRUCTIONS

Store at or below minus 18°C.

## NUTRITION INFORMATION

SERVINGS PER PACKAGE: 8  
SERVING SIZE: 120g

	AVERAGE QUANTITY PER SERVING, 120g:	AVERAGE QUANTITY PER 100g:
ENERGY	1181kJ (984kcal)	984kJ (235cal)
PROTEIN	15g	12.5g
FAT TOTAL	14g	11.7g
- SATURATED	2.4g	2.0g
CARBOHYDRATE	24g	20g
- SUGARS	1.8g	1.5g
DIETARY FIBRE	1.1mg	Less than 1g
SODIUM	707mg	589mg

## FISH BITES COOKING INSTRUCTIONS

COOK FROM FROZEN

### Deep Fry.

1. Preheat suitable frying oil to 170°C
2. Deep fry Crispy Fish Bites for 5 minutes, until completely cooked through.

### Shallow Pan Fry.

1. Preheat half a cup of suitable cooking oil in the frying pan to medium to high heat.
2. Turn heat down to medium heat.
3. Place frozen Crispy Fish Bites in the pan on medium heat.
4. Cook for 1 minute, turn and cook for a further 2 minutes, until product is golden brown and cooked through.

## PRODUCT / PACKAGING INFORMATION

### PIECE WEIGHT

- Fish Bite: Avg 40g per piece

### PIECE COUNT

- Fish Bites: 22-28 pieces per bag
- 1kg free-standing block-bottom re-sealable bag
- 5 bags / shipping case

Made in Vietnam

## NUTRITION INFORMATION

SERVINGS PER PACKAGE: 7  
SERVING SIZE: 140g

	AVERAGE QUANTITY PER SERVING, 140g:	AVERAGE QUANTITY PER 100g:
ENERGY	1378kJ (329kcal)	984kJ (235cal)
PROTEIN	17.5g	12.5g
FAT TOTAL	16.4g	11.7g
- SATURATED	2.8g	2.0g
CARBOHYDRATE	28g	20g
- SUGARS	2.1g	1.5g
DIETARY FIBRE	1.3mg	Less than 1g
SODIUM	825mg	589mg

## FISH FILLETS COOKING INSTRUCTION

COOK FROM FROZEN

### Deep Fry.

1. Preheat suitable frying oil to 170°C
2. Deep fry Crispy Fish Fillets for 5 minutes, until completely cooked through.

## PRODUCT / PACKAGING INFORMATION

### PIECE WEIGHT

- Fish Fillets: Avg 70g per piece

### PIECE COUNT

- Fish Fillets: 13-15 pieces per bag
- 1kg free-standing block-bottom re-sealable bag
- 5 bags / shipping case

Made in Vietnam

To place your order, please contact your nearest Sales Office.

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