



READY TO COOK



CRUNCHY BATTERED WHITING FILLETS

KB's

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Our delicious Crunchy Battered Whiting Fillets are prepared using premium quality fish that is wild caught in New Zealand.* Ready to simply cook and serve.



KEY ATTRIBUTES

-  Wild Caught
-  New Zealand Southern Blue Whiting
-  Marine Stewardship Council (MSC) Certified
-  Labour saving – no preparation required

PRODUCT / PACKAGING INFORMATION

- Item no: 21772
 - Average 70g per piece
 - 13-15 pieces per 1kg bag
 - 1kg re-sealable bag
 - 5x1kg bags per carton
- *Made in China with Wild Caught Fish from New Zealand.

OTHER SIZES AVAILABLE

- 18639 - 115gm 1 x 3.45kg carton box (30 pieces)
- 18640 - 145gm 1 x 4.54kg carton box (30 pieces)

NUTRITIONAL INFORMATION

Servings per package: 14
Serving size: 70g

	AVE. QUANTITY PER SERVE, 70g	AVE. QUANTITY PER 100g
ENERGY	648kJ	925kJ
PROTEIN	7.5g	10.7g
FAT TOTAL	7.8g	11.2g
- SATURATED	1.4g	2g
CARBOHYDRATE	13.3g	19g
- SUGARS	2.7g	3.8g
SODIUM	384mg	549mg

INGREDIENTS

White Fish (60%) [Southern blue whiting (58%) (*Micromesistius australis*), Marinade [Sugar, Spices & Spice Extract (Celery, Garlic, Onion, Pepper), Salt, Rice Flour, Yeast Extract, Natural Flavouring, Food Acid (330)], Batter Mix (30%) [Wheat flour, Tapioca Starch, Thickener (1420, 1442), Wheat Starch, Sugar, Salt, Spices and Spices Extract (Onion, Garlic, Pepper), Calcium carbonate, Raising Agent [(341i), (450i), (500ii)], Yeast, Yeast extract, Acidity Regulator (330)], Soybean Oil.

ALLERGY ADVICE

Contains Fish, Wheat (Gluten) and Soy.
May contain Crustacean.

COOKING INSTRUCTIONS

Cook from frozen.
Product must be thoroughly cooked prior to consumption.

Deep fry: Preheat vegetable oil to 170°C. Fry frozen product for approximately 5 minutes or until fully cooked.

STORAGE INSTRUCTIONS

Keep Frozen. Store at or below minus 18°C.

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