

# SEA LINK

## FISH CAKES



### PRODUCT BENEFITS

- \* Premium quality fish cakes combine the taste of fish, potato, onion and seasonings.
- \* Coated in a light crispy crumb & flash fried in canola oil.
- \* Suitable as a Take-away item or in a burger bun garnished with tomato, lettuce and tartare sauce.
- \* Can be served as a main meal with potatoes, vegetables or salad.
- \* Ideal for Clubs, Pubs, Bistros, Cafes, Caterers and Take-aways.

### COOKING RECOMMENDATIONS DO NOT THAW FIRST

**Shallow Fry:** Preheat 5mm of vegetable oil to a medium heat.  
Fry in a covered pan for 4 mins each side until golden brown.

**Deep Fry:** Fry at 180°C for 4 mins until golden brown.

**Oven Bake:** Preheat oven and dish or tray to 230 °C.  
Bake for 7 mins each side until golden brown.

### PACKAGING DETAILS

| Product Code | Product Description | GTIN (inner) | GTIN (outer)  |
|--------------|---------------------|--------------|---------------|
| 150810       | Fish Cakes          | n/a          | 9326979000430 |

| Pack Size   | Ctn Dimens.    | Av Portion Wt | Count per Ctn |
|-------------|----------------|---------------|---------------|
| 30 x 100 gm | 390 x 200 x 88 | 100 gm        | 30            |

### PRICING

| Pack | Carton |
|------|--------|
|      |        |

### Available From:

### STORAGE INSTRUCTIONS

Keep Frozen at or below minus 18 °C.

### NUTRITION INFORMATION

| Typical Composition |          | Per 100g          |
|---------------------|----------|-------------------|
| Energy              |          | 823 kJ<br>198 Cal |
| Protein             |          | 7.8 g             |
| Fat                 | - Total  | 7.8 g             |
|                     | - Sat.   | Less than 1 g     |
| Carbohydrate        | - Total  | 23.8 g            |
|                     | - Sugars | 1.8 g             |
| Sodium              |          | 315 mg            |