

## TEMPURA FISH FILLETS



### PRODUCT BENEFITS

- \* Premium quality hoki fillets coated in a light crispy tempura batter.
- \* Individually quick frozen for perfect portion control.
- \* Fillets are flash fried in canola oil and then snap frozen to retain their delicious flavour.
- \* Serve as a main course with freshly tossed salad and baked potatoes or as an addition to a seafood basket.
- \* Perfect for Restaurant, Catering or Take-away menus.
- \* Available in 3 convenient sizes : 80 gm, 115 gm and 145 gm.

### STORAGE INSTRUCTIONS

Keep Frozen at or below minus 18 °C.

### COOKING RECOMMENDATIONS DO NOT THAW FIRST

- Deep Fry:** Preheat oil to 180° C.
- 80 gm: Cook frozen fillet for 4 ½ - 5 mins, until cooked.
  - 115gm: Cook frozen fillet for 5 ½ - 6 mins, until cooked.
  - 145gm: Cook frozen fillet for 6 - 6 ½ mins, until cooked.

### PACKAGING DETAILS

Product Code	Product Description	GTIN (inner)	GTIN (outer)	Pack Size	Ctn Dimens.
154878	Tempura Fillets - 80 gm	n/a	9326979000270	40 x 80 gm	393 x 226 x 91
150985	Tempura Fillets - 115 gm	n/a	9326979000287	30 x 115 gm	456 x 226 x 91
154326	Tempura Fillets - 145 gm	n/a	9326979000294	30 x 145 gm	456 x 226 x 105

### NUTRITION INFORMATION

Typical Composition	80 / 115 gm	145 gm
	Per 100g	Per 100g
Energy	735 kJ 176 Cal	712 KJ 170 Cal
Protein	11.2 g	11.4 g
Fat	- Total - Sat.	7.7 g 0.8 g
Carbohydrate	- Total - Sugars	15.2 g 2.5 g
Sodium	330 mg	330 mg

### PRICING

Pack	Carton

### Available From: