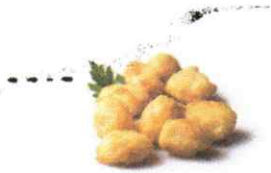


Tempura Fish Cocktails



Packed: 5 x 1kg (34/kg)
 Size: 25/35gm - 5 x 1kg
 Code: TEMP33
 Inner Barcode: 9317562000814
 Outer Barcode: 19317562000811

Cooking Type:



Description

- Ocean caught Alaskan Pollock pieces coated with A&T's tempura batter.
- Part of the Cod family, Alaskan Pollock is a very versatile low priced fish that is white in colour, has a good flakey texture & a mild taste.
- Ideal for kids meals or seafood platters

Nutritional Information

Servings per package: 8.3 (1kg)

Serving size: 120 gm (4 pieces)

| | Ave. Quantity per Serving | Ave. Quantity per 100g |
|---------------------|---------------------------|------------------------|
| Energy | 1424kj (340Cal) | 1185kj (283Cal) |
| Protein | 13.8g | 11.5g |
| Fat, total | 21.2g | 17.7g |
| – saturated | 3g | 2.5g |
| Carbohydrate | 23.3g | 19.4g |
| – sugars | 0.6g | 0.48g |
| Sodium | 217mg | 181mg |

Cooking

- Deep fry from frozen at 180°C for approximately 4-5 minutes.
- Oven-bake from frozen at 220°C for 10-12 minutes, turning halfway.

Ingredients

Alaskan Pollock (**fish**) (50%), water, **wheat** flour, **soybean** oil, potato starch, corn flour, sugar, salt, whey powder (**milk**), raising agent (E541, E500ii, E450i), thickeners (E412, E415), yeast, modified corn starch(E1420), yeast extract.

Allergen Advice

Contains: fish, wheat, gluten, soybean, milk.

May be present: molluscs, crustacean, egg, tree nuts, sesame.