

Tempura Fish Cocktails



Packed: 5kg (166/ctn)
 Size: 25/35gm - 5kg
 Code: TEMP10
 Outer Barcode: 19317562000804

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: 42

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.