

Beer Battered Torpedo Flathead



Packed: 5 x 1kg
Size: 60gm
Code: BF2
Inner Barcode: 9317562001521
Outer Barcode: 19317562001528

Cooking Type:



Description

- Ocean-caught, tail filleted and coated with premium beer batter
- Perfectly sized to plate as an entrée, main or kid's meal
- Rapidly oven-baked or deep-fried from frozen

Nutritional Information

Servings per package: 8.3 (1kg)

Serving size: 120 gm (approximately 2 fillets)

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1009kj (241Cal)	841kj (201Cal)
Protein	14.3g	11.9g
Fat, total	11.3g	9.4g
– saturated	1.9g	1.6g
Carbohydrate	20.5g	17.1g
– sugars	5.6g	4.7g
Sodium	528mg	440mg

Cooking

- Deep fry from frozen at 180°C for approximately 4 minutes
- Oven Bake from frozen at 200°C for 12 minutes, turning halfway.

Ingredients

Flathead – *Percophis Brasiliensis* (**fish**) (60%), water, **wheat** flour, **soybean** oil, modified starch (tapioca, corn), salt, sugar, yellow corn flour, **wheat** gluten, flavor essence, yeast extract, leavening (E450i, E500ii), whey powder (**milk**), vegetable gum (E1420, E415).

Allergen Advice

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

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