



Nutrition

	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	932kJ	847KJ
Protein	13.4g	12.2g
Fat, Total	10g	9.1g
- Saturated	0.9g	0.8g
Carbohydrate	19.5g	17.7g
- Sugars	Less than 1.0g	Less than 1.0g
Sodium	245.0mg	223.0mg

< Means Less Than

Ingredients

Hoki or Alaskan pollock fillets (**fish**) (58%), **wheat** flour, water, canola oil, thickeners (1403, xanthan gum, guar gum), maize starch, maize flour, salt, yeast, rice flour, chia flour and/or **oat** fibre, sugar, acidity regulators (450, sodium bicarbonate), black pepper, glucose.

Contains wheat, gluten, fish.



Crunchy Crumbed MSC Alaskan Pollock 110g

Captain's Catch is quality white fish which is portioned to provide consistency in shape and weight. Coated in a crunchy crumb that is designed to be deep fried or oven baked.

Product Specification		Shipping Information	
SKU	01914	Length	406 MM
Brand	Captain's Catch®	Width	229 MM
Gross Wt	3.04KG	Height	104 MM
Net Wt	2.64KG	Shelf Life	420 days
Halal Certified	Y		
Marine Stewardship Council Certified	Y		

Please Note: Due to formulation changes, specification information on product packaging is most current.

Preparation Instructions For Food Safety and Quality

Method Type	Time	Temperature
Deep Fryer Cook frozen fish for 6 minutes.	6 minutes	180°C
Convection Oven Place frozen fish on a baking paper lined tray and cook for 15 minutes.	15 minutes	200°C

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