

Tempura Alaskan Pollock



Packed: 5kg (25/ctn)
Size: 200gm
Code: TEMP12
Outer Barcode: 19317562002419

Cooking Type:



Description

- Ocean caught Alaskan Pollock fillet 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 flaky texture & a mild taste.
- Cook from frozen and portion control for convenience.

Nutritional Information

Tempura Alaskan Pollock 200g

Servings per package: 25

Serving size: 200gm (1 piece)

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	2370kj (566Cal)	1185kj (283Cal)
Protein	23g	11.5g
Fat, total	35.4g	17.7g
– saturated	5g	2.5g
Carbohydrate	38.8g	19.4g
– sugars	0.96g	0.48
Sodium	362mg	181mg

Cooking

85gm & 115gm *Also ovenable

- Deep-fry from frozen at 180°C for approximately 6–7 minutes.
- Oven-bake from frozen at 220°C for 16 minutes, turning halfway.

145gm, 180gm & 200gm

- Deep-fry from frozen at 180°C for approximately 6–7 minutes.

Ingredients

Pollock – (Theragra chalcogramma) **(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: crustacean, egg, sesame.