

Premium Seafood Basket



Packed: 20 x 400gm
Size: 400gm
Code: CRUM10
Inner Barcode: 9317562001255
Outer Barcode: 19317562001252

Cooking Type:



Description

400gms of premium seafood:

- 1 piece of Tempura Reef Fish 65 gram (skinless/boneless).
- 2 pieces of Crumbed Reef Fish 67.5/pc gram (skinless/boneless).
- 4-6 pcs (total 80g) Natural Crumbed Squid Rings.
- 3 Tempura Torpedo® Prawns.
- 3 Crumbed Premium Surimi Scallops.

Nutritional Information

Servings per package: 1

Serving size: 400gm

| | Ave. Quantity per Serving | Ave. Quantity per 100g |
|---------------------|---------------------------|------------------------|
| Energy | 3080kj (736Cal) | 770kj (184Cal) |
| Protein | 47.2g | 11.8g |
| Fat, total | 21.2g | 5.3 g |
| – saturated | 3.2g | 0.8g |
| Carbohydrate | 88.4g | 22.1g |
| – sugars | 4.8g | 1.2g |
| Sodium | 2149.6mg | 537.4mg |

Cooking

- Deep-fry from frozen at 180°C the 3 pieces of fish.
- Add the Tempura Torpedo® Prawns at 2.20 mins.
- At 3.10 minutes add the Squid Rings & Scallops.
- Remove from deep fryer after 5.20 mins.

Ingredients

Fish (E451, Salt), Wheat Flour, Squid, Prawn, (E451, Salt), Imitation Scallop, Water, Sunflower Oil, Modified Starches (E1420, E1404), Salt, Corn Flour, Soy Flour, Sugar, Onion, Potato Starch, Vegetable Shortening, Raising Agent (E541, E341, E500) Yeast & Yeast Food (E491, E170, E516, E300, Alpha-Amylase, Corn Starch), White Pepper, Yeast Extract, Whey Powder, Thickener (E412, E415), Acidity Regulator (E330, E331), Tapioca Starch, Dextrose.

Allergen Advice

Contains: fish, crustacean, molluscs, milk, gluten & soybean. May also contain traces of: egg, sesame & sulphites.