



## Battered Fish Fillets - NEW

Tasty whiting fillets served with fluffy potato mash and a side of mushy peas and carrots.



### Ingredients

Battered Whiting (36%) (Marinated **Fish** (60%), (Sugar, Spices & Spice Extract (Celery, Garlic, Onion, Pepper), Salt, Rice Flour, Yeast Extract, Acidity Regulator (330), Flavour), Batter (30%) (**Wheat** Flour, Tapioca Starch, Breadcrumbs (**Wheat** Flour, **Wheat** Starch, Raising Agents (450, 500), Yeast), Modified Tapioca Starch (1420, 1422), Raising Agents (341, 450, 500), Sugar, Yeast, Spices & Spices Extract (Onion, Garlic, Pepper), Anti-Caking Agent (170), **Soybean** Oil (**Soy**))), Potato Mash (29%) (Potato (19%) (Preservative (220)), Water, Skim **Milk** Powder (**Milk** Solids), Tapioca Starch, Low Sodium Salt (Potassium Chloride), Salt, Pepper), Mushy Peas (18%) (Peas (87%), Water, Bchamel Sauce (**Milk** Powder, Butter (**Milk**), Cream (**Milk**), Tapioca Starch, Modified Corn Starch (1420), Salt, Vegetable Gum (Xanthan Gum)), Vegetable Flavour Blend, Salt, Sugar, Modified Starch (1422)), Carrots (17%).

**CONTAINS GLUTEN, WHEAT, FISH, MILK, SOY. MAY CONTAIN CRUSTACEA, MOLLUSC.**

### Nutritional Details

Nutritional Details	Regular Size 350g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1726kJ (414Cal)	493kJ (118Cal)
Protein:	21.8g	6.2g
Fat, Total:	16.5g	4.7g
--Saturated:	2.9g	0.8g
Carbohydrates:	40.4g	11.6g
--Sugars:	9.7g	2.8g
Dietary Fibre:	7g	2g
Sodium:	868mg	248mg
Potassium:	1106mg	316mg

#### Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.