



Crumbed Fish with Seasoned Wedges

Lightly crumbed fish with tasty potato wedges, fruit chutney, carrots and beans.

Fish is filled with omega-3 fatty acids and vitamins such as D and B2. It is also rich in calcium and phosphorus and the minerals iron, zinc, iodine, magnesium, and potassium.



Ingredients

Fish (27%) [Flounder Fillets, Crumbs {Maize Flour, Rice Flour, Dextrose (Tapioca, Maize), Salt, Canola Oil, Mineral Salts (450, 500)}, Canola Oil, Thickener (1404), Rice Flour, Water, Maize Starch, Salt, Yeast Extract, Dehydrated Vegetables (Onion & Garlic Powder), Mineral Salts (500, 541), Vegetable Gum (412), Spices (Pepper)], Potato Wedges (27%), Carrots, Beans, Fruit Chutney [Tomato, Apple, Sultanas, Water, Sugar, Onion, Thickener (1422), Salt, Food Acid (260), Treacle, Garlic, Spices, Pimento, Colour (150c), Mustard Seeds], Cajun Spice [Oregano, Thyme, Garlic Powder, Onion Powder, Sweet Paprika, White Pepper, Hot Paprika], Parsley. CONTAINS FISH. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1983kj (476Cal)	536kJ (129Cal)
Protein:	14.8g	4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	18.1g	4.9g
--Saturated:	2.6g	0.7g
Carbohydrates:	58.8g	15.9g
--Sugars:	14.1g	3.8g
Dietary Fibre:	9.2g	2.5g
Folate:	99.9ug (50% RDI)	27ug
Sodium:	844mg	228mg
Potassium:	1088mg	294mg
Phosphorus:	381mg (38% RDI)	103mg

Disclaimer:

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Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.



Lemon Fish with Wedges

Moist baked fish fillet with a tasty lemon sauce served with potato wedges, carrots and broccoli. Lemons are a citrus fruit that is high in vitamin C. As an antioxidant, vitamin C protects cells from oxidative damage. In addition to this, Vitamin C helps the immune system keep colds and flu at bay.



Ingredients

Basa Fillet (26%) Wedges (26%) [Potato, Gluten Free Breadcrumbs, Lemon Peel, Oil, Salt, Pepper], Lemon Sauce (18%) [Water, Skim Milk Powder, Tapioca, Canola Oil, Gluten Free Flour (Starch, Maize, Tapioca, Rice Flour, Thickener (464)), Stock Powder (Sea Salt, Maize Maltodextrin, Rice Flour, Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetables, Disodium Guanylate and Inosinate, Canola Oil, Caramelised Sugar Syrup), Salt, Pepper], Lemon Juice & Zest (0.3%), Fish Stock, Anchovies], Gremolata [Gluten Free Breadcrumbs, Parmesan Cheese, Lemon Zest (0.1%), Parsley, Olive Oil, Garlic, Salt, Pepper], Broccoli, Carrots, Parsley. CONTAINS FISH, MILK. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1356kj (325Cal)	339kJ (81Cal)
Protein:	24.8g	6.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.6g	1.4g
--Saturated:	1.2g	0.3g
Carbohydrates:	26.4g	6.6g
--Sugars:	8.8g	2.2g
Dietary Fibre:	6.4g	1.6g
Sodium:	712mg	178mg
Potassium:	1116mg	279mg

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dinners.



Lightly Battered Fish Fillet

Enjoy flash fried Basa fillet, with a fluffy pumpkin and potato mash and a mix of peas, beans and broccoli.

A tasty seafood dinner with loads of flavour that is heart friendly.



Ingredients

Mash (31%) [Potatoes, Pumpkin, Skim Milk, Tapioca, Salt, Pepper], Basa Fillet (23%) (Fish) [Basa, Southern Style Breader (Wheat Flour, Egg Albumin, Mineral Salts (500, 541), Salt, Spices, Flavours [(Wheat, Contains Flavour Enhancers (627, 631), Egg], Canola Oil, Yeast Extract, Dehydrated Vegetable), Water, Breadcrumbs (Wheat Flour, Water, Rye Flour, Humectant (422), Yeast, Salt, Vinegar, Canola Oil, Xanthan Gum (415), Malt Barley Flour, Antioxidant (300), Enzymes, Preservative (282), Colour (160a), Thiamine, Folate), Soy Flour, Wheat Flour, Vegetable Oil], Broccoli, Green Beans, Peas. CONTAINS GLUTEN, WHEAT, EGG, FISH, SOY, MILK. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 390g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1326kj (318Cal)	340kJ (82Cal)
Protein:	26.9g	6.9g
Fat, Total:	6.6g	1.7g
--Saturated:	1.6g	0.4g
Carbohydrates:	32g	8.2g
--Sugars:	6.6g	1.7g
Dietary Fibre:	9.8g	2.5g
Sodium:	546mg	140mg
Potassium:	1030mg	264mg

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Salmon & Vegetable Pie

Topped with puff pastry, Tasmanian salmon pieces and mixed vegetables combine in a delicious creamy sauce. Served with beans and a mix of potato and sweet potato wedges. Not only are oily fish high in omega-3 fatty acids, salmon is rich in Vitamin D and other essential nutrients. Since the human body can't make large amounts of these essential nutrients, salmon is an excellent addition to our diet.



Ingredients

Salmon Pie (50%) [Salmon (19%), White Sauce (Water, Skim Milk Powder, Tapioca, Gluten Free Flour, Oil, Stock Powder {(Sea Salt, Maize Maltodextrin, Rice Flour, Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetables, Disodium Guanylate and Inosinate, Canola Oil, Caramelised Sugar Syrup}, Salt, Pepper), Onions, Carrots, Peas, Celery, Garlic, Oil, Tapioca, Parsley, Dill, Salt, Pepper], Potato and Sweet Potato Wedges, Beans, Puff Pastry [Wheat Flour, Water, Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, Soy Lecithin) Food Acid (330), Flavour, Antioxidant (307b), Colour (160a), Salt, Preservative 202, 281), Food Acid 330], Paprika. CONTAINS GLUTEN, WHEAT, FISH, MILK, SOY. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1732kj (415Cal)	433kJ (104Cal)
Protein:	23.6g	5.9g
Fat, Total:	16.4g	4.1g
--Saturated:	4.8g	1.2g
Carbohydrates:	39.2g	9.8g
--Sugars:	10.8g	2.7g
Dietary Fibre:	8g	2g
Sodium:	308mg	77mg
Potassium:	944mg	236mg
Phosphorus:	363mg (36% RDI)	91mg

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Salmon Fish Cakes with Sauce

Tasty fish cakes topped with homemade tomato sauce, lightly seasoned potato wedges, peas and carrots.

This meal is high in fibre. Fibre is essential for a healthy digestive system. A combination of soluble and insoluble fibre helps maintain normal intestinal function by affecting the consistency of the stool and affecting digestion of other substances.



Ingredients

Fishcakes (32%) [Potatoes, Salmon (4%), Onions, Carrots, Breadcrumbs, Eggs, Anchovies, Oil, Chives, Parsley, Salt, Pepper], Cajun Wedges [Oregano, Thyme, Garlic and Onion Powders, Sweet and Hot Paprika, Pepper], Sauce (10%) [Tomatoes, Onions, Tapioca, Water, Celery, Olive Oil, Garlic, Basil, Salt, Pepper], Peas, Carrots, Parsley. CONTAINS WHEAT, GLUTEN, EGGS, FISH. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1607kj (385Cal)	423kJ (101Cal)
Protein:	15.6g	4.1g
Fat, Total:	10.6g	2.8g
--Saturated:	2.3g	0.6g
Carbohydrates:	50.5g	13.3g
--Sugars:	9.1g	2.4g
Dietary Fibre:	12.2g	3.2g
Folate:	109.1ug (55% RDI)	28.7ug
Sodium:	570mg	150mg
Potassium:	1041mg	274mg
Phosphorus:	278mg (28% RDI)	73mg

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Tasmanian Salmon with Florentine Sauce

Salmon topped with a white sauce flavoured with a touch of onion and spinach, white rice enriched with peas and shallots, tender carrots and beans.

Salmon is very high in heart-healthy omega-3 fatty acids and has a great protein content. Our Tasmanian Salmon meal is loaded with various important nutrients as well as being medically low salt - a great Heart Friendly meal!



Ingredients

Salmon (26%), Florentine Sauce (21%) [Water, Skim Milk Powder, Gluten Free Flour, Oil, Stock Powder (Sea Salt, Maize Maltodextrin, Rice Flour, Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetables, Disodium Guanylate and Inosinate, Canola Oil, Caramelised Sugar Syrup), Silverbeet, Onions, Fish Stock (Water, Fish, Carrots, Celery, Salt, Pepper), Tapioca, Salt, Pepper, Nutmeg], Rice, Peas, Shallots, Stock Powder (Sea Salt, Corn/Maize Maltodextrin, Sugar, Yeast Extract, Dehydrated Vegetables, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Carrots, Beans, Parsley. CONTAINS FISH, MILK. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1607kJ (385Cal)	423kJ (101Cal)
Protein:	31.5g	8.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	12.2g	3.2g
--Saturated:	2.3g	0.6g
Carbohydrates:	35g	9.2g
--Sugars:	7.2g	1.9g
Dietary Fibre:	4.9g	1.3g
Folate:	74.1ug (37% RDI)	19.5ug
Sodium:	163mg	43mg
Potassium:	733mg	193mg
Phosphorus:	422mg (42% RDI)	111mg

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Thai Green Fish Curry - Mild

A warming fish and vegetable curry accompanied by fluffy white rice.

A tasty seafood dinner with loads of flavour that you are sure to enjoy.



Ingredients

Green Curry (50%) [Onions, Peas, Carrots, Green Beans, Canola Oil, Garlic, Ginger, Tapioca, Green Curry Paste (Green Chilli, Lemongrass, Garlic, Salt, Galangal, Shrimp Paste (Shrimp, Salt), Kaffir Lime Peel, Coriander Seed, Pepper, Cumin, Turmeric), Curry Powder (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Salt, Coconut Milk], Basa Fillet (28%) (Fish), White Rice. CONTAINS FISH, CRUSTACEA. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1672kj (401Cal)	418kJ (100Cal)
Protein:	29.6g	7.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	11.6g	2.9g
--Saturated:	5.6g	1.4g
Carbohydrates:	40.4g	10.1g
--Sugars:	5.2g	1.3g
Dietary Fibre:	10g	2.5g
Sodium:	1024mg	256mg
Potassium:	676mg	169mg

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