



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 (28%) (**Fish**), Wedges (28%) [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, Sugar, Rice Flour, Rice Flour, Natural Vegetable Flavour, Yeast Extract, Disodium Guanylate And Inosinate, Dehydrated Vegetables (Onion, Garlic), Canola Oil, Caramelised Sugar Syrup), Salt, Pepper], Lemon Juice & Zest (0.3%), **Fish** Stock, Anchovies (**Fish**)], Gremolata [Gluten Free Breadcrumbs, Parmesan Cheese (**Milk**), Lemon Zest (0.1%), Parsley, Olive Oil, Garlic, Salt, Pepper]}, Broccoli, Carrots, Parsley.

CONTAINS FISH, MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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

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.