



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

Potato Pumpkin 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, MILK, SOY. 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 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

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.