



## 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

#### Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, 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.