

Crispy Battered MSC Australian Hoki Fillets 50g

MSC certified, wild caught Australian Hoki, natural hand-cut skinless fillets paired with a hand dipped golden crispy batter.

Product Specification

SKU	11645
Brand	I&J®
Gross Wt	3.274KG
Net Wt	3KG
Manufacturing Country	TH
Contains Fish	Y
Halal	Y
Marine Stewardship Council Certified	Y
Contains Wheat	Y

Please Note: Due to formulation changes, specification information on product packaging is most current.

Shipping Information

Length	305 MM
Width	185 MM
Height	174 MM
Shelf Life	540 Days

Nutritional Information

Servings Per Package: 60	Serving Size: 50g
	Ave. Quantity Per Serving / Ave. Quantity Per 100g
Energy	464KJ / 929KJ
Protein	5.8g / 11.6g
Fat, Total	7.1g / 14.1g
- Saturated	0.7g / 1.4g
Carbohydrate	6.1g / 12.1g
- Sugars	<1.0g / <1.0g
Dietary Fibre	0.3g / 0.5g
Sodium	210mg / 420mg

< Means Less Than

Ingredients
Hoki (Marcruconus Novazelandiae) (**fish**) (60%), Crispy batter (40%) [vegetable oil, **wheat** flour, water, potato starch, corn flour, thickeners (1420, xanthan gum, guar gum), salt, dextrose, sugar, acidity regulators (sodium bicarbonate, 450, 540, 451), yeast extract (barley)].

Contains wheat, gluten, fish.

Preparation Instructions For Food Safety and Quality

Method Type	Time	Temperature
Deep Fryer Deep fry frozen battered fillets for 3½ - 4 minutes.	3½ - 4 minutes	180°C
Standard Oven Place frozen battered fillets on a flat baking tray lined with baking paper and cook for 16 minutes.	16 minutes	210°C
Combi Oven Place frozen battered fillets on a flat baking tray lined with baking paper and cook for 10 minutes.	10 minutes	190°C dry mode