



# **Crispy Battered Flathead Fillets**





# Delicious natural Flathead fillets coated in a golden crispy batter.



- *Natural Flathead fillets*
- *Wild caught*
- *Skinless & deboned*
- *Golden crispy batter*
- *Individually quick frozen*
- *Cook from frozen*

## Markets

**Ideal for:**  
Hotels  
Pubs & Clubs  
Cafes  
Restaurants  
Function Centres

## Cooking Instructions

 **Cook from frozen. Do not thaw.**  
**Deep fry:** Preheat deep fryer to 180°C, cook for 3 - 4 minutes or until fully cooked.

## Nutrition Information

Servings per pack: Approx. 55  
Serving size: 55g

	Avg Qty per Serving	Av Qty per 100g
Energy	300kJ	545kJ
Protein	7.9g	14.4g
Fat - Total	0.6g	1.0g
Fat - Saturated	0.2g	0.3g
Carbohydrate	8.5g	15.5g
Sugars	0.1g	0.1g
Sodium	141mg	257mg

## Product Information

CODE	PRODUCT	UNITS PER PACK	PACK SIZE
332510	Markwell Crispy Battered Flathead Fillets	55	3kg

For more information please visit:  
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