



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 - 60	3kg

For more information please visit:
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