

GIANT FISH FINGERS

**BEST BEFORE : OCT 2026**

**Ingredients**

Cod (**FISH**) (63%), **WHEAT**

**FLOUR** contains **GLUTEN** (with **WHEAT FLOUR**, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Durum **WHEAT** Semolina (contains **GLUTEN**), **WHEAT** Starch (contains **GLUTEN**), Salt, **OATMEAL**, **RYE** Flour (contains **GLUTEN**), Yeast, Rice Flour, Malted **BARLEY** Flour (contains **GLUTEN**), Sunflower Oil, Colour: Paprika Extract

**Cooking Instructions**

Cooking Instructions - General.

Two or more packs will require longer cooking.

Do not reheat.; Grill - From Frozen.

18 min.. Preheat grill to medium.

Place on a rack on a baking tray.

Turn halfway through cooking time.;

Oven cook - From Frozen. For best results Oven cook. Preheat oven.

Remove all packaging.

Place on preheated baking tray.

Turn halfway through cooking time.

200°C, Fan 180°, Gas 6, 24-26 min

**NUTRITION (PER 100g)**

Energy	786kJ /187kcal
Fat	7.6g
Saturates	0.7g
Carbohydrate	16.5g
Sugars	2.1g
Fibre	1.1g
Protein	12.7g
Salt	0.58g

