

BATTERED COD

BEST BEFORE : OCT 2026

Ingredients

Cod (**FISH**) (54%), Batter Coating*, Rapeseed Oil, *Batter Coating (Flour (**WHEAT**, Rice, Maize), Water, Starch (Potato, **WHEAT**), Salt, Raising Agents (Disodium Diphosphates, Sodium Carbonates), Dextrose, Palm Fat, Skimmed **MILK** Powder, **MUSTARD**, Natural Flavourings, Pepper Extract, Calcium Carbonate, Iron, Niacin, Thiamin)

Cooking Instructions

Instructions: To Prepare...Tastiest When Oven Baked Straight from the Freezer.220°C, Fan 200°C, Gas Mark 7, 20 Mins- Pre-heat the oven.- Place on a baking tray in the middle of the oven.- Cook until crisp and golden.- Please ensure food is cooked until piping hot.- These instructions are guidelines only.- Do Not refreeze after defrosting.

NUTRITION (PER 100g)

Energy	961kJ /260kcal
Fat	13.0g
Saturates	1.2g
Carbohydrate	17.0g
Sugars	0.5g
Fibre	0.5g
Protein	11.0g
Salt	1.0g

