



# Sea Jacks

LEATHER JACKET GOUJONS IN TEMPURA



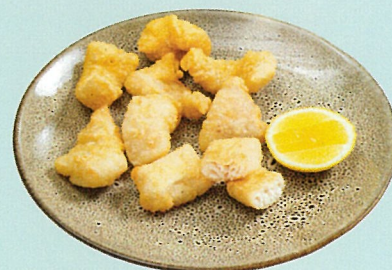
## PRODUCT DESCRIPTION

# Sea Jacks

Leather Jacket goujons, made from premium natural fillets, perfectly coated in a light tempura batter for a crispy finish, delivering a fresh, delicate flavour and a tender texture in every delicious bite.

## COOKING INSTRUCTIONS

Cook from frozen. **Deep Fry:** Preheat oil to 170-180°C and fry for 3-4 minutes until fully cooked. **Conventional Oven:** Preheat to 230°C (fan-forced). Place frozen fish on a preheated tray and bake for 16-18 minutes, turning halfway. **Air Fry:** Set temperature to 180°C. Arrange fish in a single layer and cook for 10-12 minutes, turning halfway. Adjust cooking times as needed.



## PRODUCT SHEET

### ITEM

Sea Jacks PDM250

### RAW OR PRE-FRIED

Pre-Fried

### ORDER SIZE

5 x 1kg

### SHELF LIFE

18 - 24 months

## NUTRITION INFORMATION

Servings per package: 10

Serving size: 100g

	AVERAGE QTY PER SERVING	AVERAGE QTY PER 100g
Energy	800kj	800kj
Protein	11.6g	11.6g
Fat, total	8.8g	8.8g
- Saturated	4g	4g
Carbohydrate	15.8g	15.8g
- Sugar	0g	0g
Sodium	2.6mg	2.6mg

Nutritional information provided for indicative purposes only.

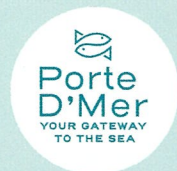
## INGREDIENTS

**Leather Jacket (Fish) (75%),** coating [**Wheat flour**], Vegetable Oil, Water, Corn Starch, Salt, E1420, E1404, E450, E500(ii), E341, Soybean powder, Tapioca Starch, pepper, Yeast Extract, Spice.

Contains: **Fish, Wheat Gluten Soybeans.**

May Contain: **Crustacea, Mollusc, Egg.**

Although all care is taken to remove bones from this product, the occasional bone may still be found.



IMPORTED BY  
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STORAGE  
KEEP FROZEN AT -18°C.  
DO NOT REFREEZE.