



PRODUCT DETAIL SHEET

TITLE	Youngs Traditional British Crispy Battered Cod Fillet & Chips 300g
DESCRIPTION	Crispy battered cod fillet & chips. Meal for one.
PRODUCT CODE	45969

INGREDIENTS LIST

Chips (Potatoes, Sunflower Oil, Dextrose), Cod, Wheat Flour, Sunflower Oil, Water, Canola Oil, Palm Oil, Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Maize Flour, Palm Fat, Wheat Starch, Dextrose, Yellow Mustard Flour, Brown Mustard Flour, Flavorings (Contains Coconut Oil), Milk, Wheat Gluten, Added Colors, Spice.

Caution! Although extra care has been taken to remove all bones, some may remain.

Nutrition Facts	
1 serving per container	
Serving size	1 meal
Amount per serving	
Calories	540
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 610mg	26%
Total Carbohydrate 66g	24%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 17g	
Vit. D 0mcg 0%	• Calcium 40mg 4%
Iron 1.4mg 8%	• Potas. 1110mg 25%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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COOKING INSTRUCTIONS – for best results cook from frozen

All cooking appliances vary. The following is a guideline only

For best results use conventional oven. Not suitable for microwave cooking. Due to difference in appliances, cooking times may vary and require adjustment.

Conventional Oven:

1. Pre-heat the oven to 450°F.
2. Remove all packaging.
3. Place both the Battered Cod and Chips on a wire rack over a deep baking tray in the middle of the oven and bake for 22 minutes.

Caution ! Care should be taken when removing the tray from the oven as it may contain hot oil

Deep Fry:

1. Pre-heat the oil to 350°F.
2. Remove all packaging.
3. Place the Battered Cod into the basket and fry for 3 minutes, add the chips and fry both for a further 3 minutes.