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Youngs 60 Breaded Minced Cod Fish Fingers - Information

MSC Minced Cod Fish Fingers. Legal: Minced Cod Fish Fingers Coated In Golden Breadcrumb.

TFS Product Code: 017386
Suppliers Product Code:
Information Last Updated: 18/08/2022
Date Produced: 11/11/2026



Allergy Information

Key: Contains | May Contain

Sesame | Gluten | Crustaceans | Eggs | Lupin | Nuts

Milk | Celery | Sulphur Dioxide | Soya | Cereal | Peanuts

Fish | Molluscs | Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	203.00
Energy (kJ)	853.00
Protein (g)	13.00
Carb (g)	19.50
Of Which Sugars (g)	1.00
Fat (g)	7.70
Of Which Saturates (g)	0.80
Fibre (g)	0.00
Salt (g)	0.50

Dietary Information

Key: Suitable for

Kosher | Vegetarian | Halal | Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

Minced Cod (FISH) (58%), Wheat Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Rapeseed Oil, Water, Yeast, Salt, Colours:. Capsanthin, Curcumin; Turmeric Caution! Although extra care has been taken to remove all bones, some may remain

Handling Information

Directions for Use

Our Fish Fingers are best oven baked straight from your freezer. Ensure product is piping hot throughout before serving. All appliances vary, these are guidelines only. 12 mins to Oven Bake - 220°C / Fan 200°C / Gas Mark 7 • Pre-heat the oven. • Remove all packaging. • Place the fish fingers on a baking tray in the centre of the oven and cook for 12 minutes, turn occasionally. 10 mins to Grill – medium heat • Pre-heat the grill pan on a medium heat setting. • Remove all packaging. • Place the fish fingers on to the base of the grill pan and cook for 10 minutes, turn occasionally. 3-4 mins to Deep Fry – 180°C • Pre-heat the oil. • Remove all packaging. • Gently lower the fish fingers into the hot oil and cook for 3-4 minutes. Drain well after cooking. 6 mins to Pan Fry – medium heat • Heat a tablespoon (15ml) of oil in a frying pan over a medium heat. • Remove all packaging. • Gently add the fish fingers to the pan and cook for 6 minutes, turn occasionally.

Storage Instructions

Store at -18°C or below. Do not re-freeze once defrosted

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