

Chilli & Ginger Baked Fish (GF) MP6

Canonical:

<https://directory.benefitfood.com.au/food-beverages/ready-meals-prepared-foods/chilli-ginger-baked-fish-gf-mp6/>

Description:

A fresh fillet of premium grade hoki fish, marinated in a light, salt reduced soy dressing with classic asian flavours of chilli, ginger, and spices. This is with brown rice and bright, asian green vegetables. Rich in omega 3's for healthy joints and like all our meals, packed with nutrients and protein, the fish is just cooked lightly before freezing so that when heated, there is a delicious, freshly cooked texture. Add a squeeze of fresh lime juice for a zesty finish! Gluten free Good source of protein (25g per serve) Good source of dietary fibre Low in saturated fat Chilli rating: 1 Heating instructions Microwave: Remove cardboard sleeve. Peel back film 3cm. Heat for 5 mins from frozen or 3 mins from defrosted. Let stand for 1 min and enjoy. Stove: From defrosted, transfer meal to a fry pan for 2-3 minutes or until heated through. Oven: Remove cardboard sleeve. Peel back film only 3cm. Heat at 160 degrees for 30-40 mins from frozen or 15-20 mins from defrosted. Let stand for 1 min and enjoy. Air fryer: Remove cardboard sleeve. Remove film completely. Heat at 160 degrees for 15-20 mins from frozen or 10-15 mins from defrosted. Let stand for 1 min and enjoy. We recommend you add a squeeze of lime to the meal after heating. Low carbohydrate vegetables are naturally high in water content. If you find this meal watery, we recommend using stovetop or oven/air fryer heating instructions. If microwaving, carefully remove clear film when hot. Storage Keep frozen. Once defrosted, keep refrigerated and consume within 3 days. Nutrition Ingredients: Hoki Fish (34%), Broccoli, Carrot, Bok Choy, Red Capsicum, Celery, Brown Rice, Zucchini, Cashews, Onion, Gluten Free Soy Sauce, Olive Oil, Fresh Coriander, Garlic, Rice Vinegar, Ginger (0.5%), Natvia, Corn Starch, Chilli (0.5%), Chinese Five Spice. Allergens: Fish, Soybeans, Sesame Seeds, Cashews May Contain: Milk, Crustacea, Egg, Peanuts, Lupin, Tree Nuts