



Crumbed Fish

Tender, flaky fish coated in a crunchy crumb

INGREDIENTS

White Fish, Eggs, Breadcrumbs, Flour, Milk

SIMPLOT SHORTCUTS *substitute using...*



Crunchy Crumbed Fish 110g (01914)

BASED ON MAKING 10 PORTIONS

from Scratch

from Simplot

PREP TIME	35 MINS	1 MIN
PASSIVE COOK TIME <i>(I.E. time in oven)</i>	0 MINS	0 MINS
ACTIVE COOK TIME <i>(I.E. actively engaged in cooking)</i>	9 MINS	8 MINS
TOTAL HANDS ON LABOUR TIME	44 MINS	9 MINS
PER PORTION LABOUR COST <i>(I.E. based on \$22/hour making 10 portions)</i>	\$1.61	\$0.33
PER PORTION FOOD COST	\$1.02	\$1.23
	<i>total cost per portion</i> \$2.63*	<i>total cost per portion</i> \$1.56*

hints, tips and nutrition Facts...

USING SIMPLOT RECIPE

ENERGY 879kj PROTEIN 11g

FIBRE 1g SODIUM 388mg

Per 110g serve

- 💡 PERFECT COOKED IN A COMBI-OVEN USING AN OVEN FRY TRAY FOR A GOLDEN AND CRISPY FINISH
- 💡 SERVE WITH EXTRA TARTARE SAUCE FOR SOFT AND MINCED MOIST DIETS
- ✓ HIGHER IN FIBRE AND LOWER IN SALT THAN THE SCRATCH RECIPE
- ✓ LESS FAT THAN THE SCRATCH RECIPE



*The prices used for Simplot products and ingredients in this brochure are a guide only (as at April 2017). Please contact your Distributor to confirm any pricing. The comparison scratch recipe product prices were obtained via purchases made at major Australian supermarkets during March 2017. The hourly labour rate used for calculations was \$22 per hour.