

Paramount MSC Coated Whitebait with Festive Dip

Ingredients

Product	Quantity
MSC COATED WHITEBAIT 18 x 454g	454.00 g
Yeo Valley 0% Fat Crème Fraîche 200g	300.00 g
Ground Cinnamon	0.50 g
Pomegranate	0.50 g
Juice Press Zest Orange Juice from Concentrate 500ml	1.00 g
Gourmet Garden Parsley Lightly Dried Seasoning 8g	1.00 g

Serves: 4

Allergy Information

Key: Contains May Contain

Contains Cereal	Contains Gluten	Contains Milk	Does Not Contain Eggs	Does Not Contain Peanuts	May Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Contains Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2	

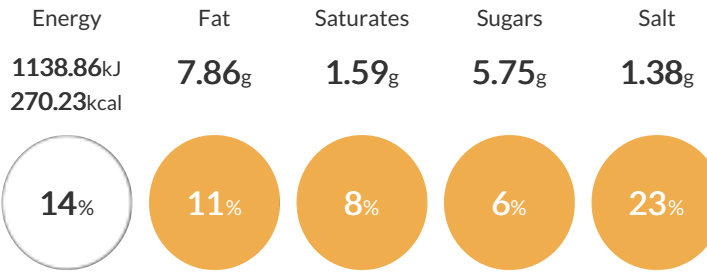
Dietary Information

Key: Suitable for

May not be suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Reference Intake

Each serving contains:



of your daily reference intake.

Nutritional Summary

Energy	1138.86kJ 270.23kCal
Protein	21.39g
Carbohydrates	27.35g
of which sugars	5.75g
Non Milk Extrinsic Sugars	0g
Fat	7.86g
of which saturates	1.59g
Fibre	0.98g
Salt	1.38g
Sodium	0g
Iron	0mg
Calcium	99.02mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0.02mg

Method & Recipe Notes

Cinnamon & Pomegranate Dip 1. Decant the crème fraiche into a mixing bowl. 2. Add the ½ teaspoon of cinnamon and pomegranate jewels/ seeds and mix well. 3. Cover & place into the refrigerator until ready to serve. MSC Coated Whitebait 1. Preheat deep fat fryer oil to 180°C. 2. Cook the whitebait from frozen for 2 -3 minutes. 3. Drain thoroughly before serving. To finish the dish, place cooked whitebait onto serving platter/ plate, scatter the whitebait with the chopped parsley and serve with a dipping pot of spiced crème fraiche finished with orange zest.

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