

## Vegan Coated Fishless Filet

More and more consumers are aware of the impact of their fish consumption on the ocean. With this Filet, you offer a full-fledged alternative. The typical coating is deliciously crispy and combines perfectly with the tasty fish texture on the inside.

### Ingredients

Water, flour (**wheat**, 6% rice), vegetable oils (sunflower, flaxseed, rapeseed in varying proportions), hydrolysed rice protein, **wheat** fibre, natural flavouring, thickeners (methyl cellulose, sodium alginate, xanthan gum, guar gum), lemon juice, preservative (potassium acetate), salt, sea salt.



### Nutrition value

	100 gram	Per portion ( 120g)	RDI/GDA
Energy	848 kJ	1018kJ	12
Energy	203 kcal	244kcal	12
Fat	10g	12g	17
of which saturates	1.2g	1.4g	7
Carbohydrates	19g	23g	9
of which sugars	1.1g	1.3g	1
Fibres	5.9g	7.1g	
Proteins	6.4g	7.7g	15
Salt	0.96g	1.2g	19

Reference intake of an average adult (8400 kJ/2000 kcal).

\* Recommended Daily Intake.

### Method of preparation

**Fry in pan** : Frying pan: 5-6 minutes on medium heat. Turn every now and then.

**Deep frying** : Deep fryer: 2-3 minutes at 180°C.

**Airfryer** : Airfryer: 5-6 minutes at 200°C.

### Categories

[Plant-based Fish](#), [Schnitzels](#), [Schouten's Classics](#), [Vegan\\*](#), [On a bun](#), [Industry](#), [Out of home](#), [Retail](#)

\*Schouten's products and associated procedures meet the requirements of the V-Label, Vegan Action and the Vegan Society, the best-known official labels for vegan products.

### Allergens

#### Free from

Milk, egg, soy, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, oat, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

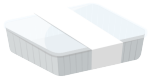
#### Contains

Gluten containing grain, wheat

#### May contain

Rye, barley

## Packaging options



**Consumer packaging**  
Chilled



**Consumer box**  
Frozen



**Foodservice box**  
2.5/3 kg | Frozen



**Industry box**  
10 kg | Frozen