Fish goujons

Cuisine: **French**
Food category: **Fish**



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Company: **Retigo**



Program steps

Preheating: 245 °C

1	Hot air	0	%	Termination by time	00:07	hh:mm	230	°C	100	%	

Ingredients - number of portions - 6

Name	Value	Unit
cod	700	g
vegetable oil	100	ml
plain wheat flour	100	g
breadcrumbs	200	g
red pepper powder	3	g

Directions

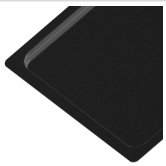
The raw fish portion to strips. Preheat the Combi, spray oil on a GN container, place fish goujons on the tray , spray again and fry according to the program,

Nutrition and allergens

Allergens: 1
Minerals: Cu, Mg, P
Vitamins: A, C, D, E, K

Nutritional value of one portion	Value
Energy	268.4 kJ
Carbohydrate	38 g
Fat	1.6 g
Protein	23.9 g
Water	0 g

Recommended accessories



Vision Bake