



Chicken Fillets

- No artificial colours ✓
- No artificial flavours ✓
- No preservatives ✓





Chicken Fillets

Whether your customers are enjoying a relaxed lunch in a restaurant setting, or soaking up the sun in your courtyard café, a quick and easy to prepare menu item that includes Ingham Chicken Fillets will be a success every time. Succulent and full of flavour, Ingham Chicken Fillets are natural whole muscle deboned thigh meat that many agree to be the tastiest part of the chicken, in a golden crumb coating. Our consistent quality and flavour will make it a menu favourite – to say nothing of the taste.

Product description

Carton weight	4 kg
Inner bag/box weight	1 kg
Minimum meat content	63%

Nutritional information

Servings per pack approx. 10 • Avg. Serving size: 100g

		per serve	per 100g
Energy		854kJ	854kJ
Protein		12.6g	12.6g
Fat	total	8.8g	8.8g
	saturated	5.4g	5.4g
Carbohydrate	total	18.5g	18.5g
	sugars	2.4g	2.4g
Sodium		431mg	431mg

All values specified above are averages and will vary. Nutritional values should only be used as a general guide.

Ingredients

Contains gluten (wheat), milk and soy as indicated in bold.

Chicken (63%), water, flour (**wheat**, rice), starch (**wheat**), yeast, **gluten**, salt, sugar, improver (**wheat**), acidity regulator (263), vegetable gums (418, 412), colours (100, 160c), vegetable oil (**soya**), spray dried fat powder (**soy, milk**), raising agents (500, 450), spice, spice extract, **wheat bran**, dried glucose syrup (**wheat**), dehydrated vegetables, natural flavour (**soy**), hydrolysed vegetable protein, yeast extract, mineral salt (451).

No artificial colours, flavours or preservatives.

Product Code	Product Description	Approx Portion Weight Range	Approx Portion/kg	Number/ Carton	Net Weight	Carton/ Layer	Layers/ Pallet	Cartons/ Pallet
20847	FZN CKN THIGH FLT 1KG x 4	98-115g	9-10	4 x 1kg	4kg	12	7	84

Due to the nature of the raw material used, the portion weights are only an approximation and should be used as a guide only.

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Cooking instructions

Remove product from pack. Cook from frozen.

As appliances can vary, cooking times and temperatures may need to be adjusted accordingly.

Deep fry: Preheat oil to 180°C and cook for approx 5-7 minutes.

Shallow fry: Preheat oil to 180°C and cook for approx 8-10 minutes, turning frequently.

Oven bake: Preheat oven to 200°C and cook for approx 15-20 minutes, turning once.

Storage instructions

Keep frozen. Store at or below minus 18°C.

Once thawed do not refreeze.

Shelf life

12 months from date of production.

This brochure was correct at the time of printing. Information in this brochure is subject to change without notice. All specified values are averages.