

Fillets



Variants available - Vegan Classic Fillet, Fajita Fillet, Afgani Fillet



vegetarian

Veg Classic Fillet taste the difference from other vegetarian products. Tender, flaky moist, ideal to fry with spices or grill or make into a curry.





Classic Fillet

Heating Instructions:

1. Marinate in masala of your choice
2. Sauté in hot oil for 30 sec. each on both side till brown & crisp or,
3. Cook in masala of your choice on a slow fire for 2-3 minutes only
4. Serve immediately with rice.

INGREDIENTS
Soya, Milk, Wheat Protein, Oil, Spices & Seasoned.

ALLERGENS
Gluten, Soya, Milk

Best Before: 12 Months from the date of packing, if stored in refrigerator below -18 C.

No.	Parameters	Result	Test Method
1	Moisture (g/100g)	22.2	IS 1702/ISO 14562
2	Protein (g/100g)	12.7	AOAC 920.00
3	Crude Fat (g/100g)	14.4	IS 1702
4	Carbohydrate (g/100g)	15.1	IS 1702
5	Ash (g/100g)	1.8	IS 1702
6	Acid (g/100g)	0.14	IS 1702

PLEASE REFER TO HEATING & COOKING INSTRUCTIONS BEFORE USE.

Quality Product by  Made in India

Net Wt: 200g

Net Wt: 1kg

Batch # :-

M.R.P. :-

Best Use By:



vegetarian

Feature of fish, flavor of garlic, methi, ginger & green chilly. Simmer in a gravy of your choice for 5 minutes or marinate fillet in spices of your choice, pan fry, saute or grill





Afgani Fillet

Heating Instructions:

1. Sauté in hot oil 30 sec. each on both side, & serve with chutney or,
2. Cook in masala of your choice on a slow fire for 2-3 minutes.
3. Serve immediately with rice.

INGREDIENTS
Treated Wheat, Soya, Milk, Wheat Protein, Soya Oil, Seasoned, Fresh Herbs.

ALLERGENS
Gluten, Soya, Milk

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