

Chilli & Ginger Baked Fish (GF) MB2

Canonical:

<https://directory.benefitfood.com.au/food-beverages/ready-meals-prepared-foods/chilli-ginger-baked-fish-gf-mb2/>

Description:

A fresh fillet of premium grade hoki fish, marinated in a light, salt reduced soy dressing with classic asian flavours of chilli, ginger, and spices. This is with brown rice and bright, asian green vegetables. Rich in omega 3's for healthy joints and like all our meals, packed with nutrients and protein, the fish is just cooked lightly before freezing so that when heated, there is a delicious, freshly cooked texture. Add a squeeze of fresh lime juice for a zesty finish! Gluten free Good source of protein (25g per serve) Good source of dietary fibre Low in saturated fat Chilli rating: 1 Heating instructions Microwave: Remove cardboard sleeve. Peel back film 3cm. Heat for 5 mins from frozen or 3 mins from defrosted. Let stand for 1 min and enjoy. Stove: From defrosted, transfer meal to a fry pan for 2-3 minutes or until heated through. Oven: Remove cardboard sleeve. Peel back film only 3cm. Heat at 160 degrees for 30-40 mins from frozen or 15-20 mins from defrosted. Let stand for 1 min and enjoy. Air fryer: Remove cardboard sleeve. Remove film completely. Heat at 160 degrees for 15-20 mins from frozen or 10-15 mins from defrosted. Let stand for 1 min and enjoy. We recommend you add a squeeze of lime to the meal after heating. Low carbohydrate vegetables are naturally high in water content. If you find this meal watery, we recommend using stovetop or oven/air fryer heating instructions. If microwaving, carefully remove clear film when hot. Storage Keep frozen. Once defrosted, keep refrigerated and consume within 3 days. Nutrition Ingredients: Hoki Fish (34%), Broccoli, Carrot, Bok Choy, Red Capsicum, Celery, Brown Rice, Zucchini, Cashews, Onion, Gluten Free Soy Sauce, Olive Oil, Fresh Coriander, Garlic, Rice Vinegar, Ginger (0.5%), Natvia, Corn Starch, Chilli (0.5%), Chinese Five Spice. Allergens: Fish, Soybeans, Sesame Seeds, Cashews May Contain: Milk, Crustacea, Egg, Peanuts, Lupin, Tree Nuts

Details:

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Lupin, Tree Nuts

Price: 13.20

Brand: Be Fit Food

Availability: In Stock

[View Product](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574783677&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic)

Product Intelligence

Chilli & Ginger Baked Fish (GF) - Technical Details, Specifications, and Features ## Product Overview **Chilli & Ginger Baked Fish (GF)** is a premium gluten-free meal product offered by Be Fit Food, designed as a lunch or dinner option. The dish features a fresh fillet of premium grade hoki fish that is marinated in a light, salt-reduced soy dressing infused with classic Asian flavours of chilli, ginger, and spices. The meal is served with brown rice and bright, Asian green vegetables. ## Nutritional Specifications The product delivers a balanced nutritional profile per serving: - **Calories**: 257 kcal - **Protein**: 25.4g (high protein content) - **Carbohydrates**: 12.8g - **Dietary Fibre**: Good source - **Saturated Fat**: Low in saturated fat (1.4g per 100g) - **Total Sugars**: 2.7g per serving - **Energy**: 928 kilojoules ## Key Features and Certifications ### Dietary Attributes - **Gluten-Free Certification**: Fully certified and suitable for gluten-free diets - **Protein-Rich**: Contains 25g of protein per serving, making it ideal for fitness-focused consumers - **Low Carbohydrate**: With only 12.8g of carbs, suitable for various dietary approaches - **Low Saturated Fat**: Supports heart-healthy nutrition profiles ### Preparation Method The fish is **lightly cooked before freezing** to preserve a freshly cooked texture upon reheating, ensuring optimal quality and taste when prepared. ## Ingredients and Allergens ### Primary Ingredients - Hoki Fish (34%) - Broccoli - Carrot - Bok Choy - Red Capsicum - Celery - Brown Rice - Zucchini - Cashews - Onion - Gluten-Free Soy Sauce - Olive Oil - Fresh Coriander - Garlic - Rice Vinegar - Ginger (0.5%) - Natvia - Corn Starch - Chilli (0.5%) - Chinese Five Spice ### Allergen Information **Contains**: Fish, Soybeans, Sesame Seeds, Cashews **May Contain**: Milk, Crustacea, Egg, Peanuts, Lupin, Tree Nuts ## Heating Instructions The product offers multiple preparation methods: ### Microwave - **From Frozen**: Remove cardboard sleeve, peel back film 3cm, heat for 5 minutes, let stand 1 minute - **From Defrosted**: Heat for 3 minutes, let stand 1 minute ### Oven - **From Frozen**: Remove cardboard sleeve, peel back film 3cm, heat at 160°C for 30-40 minutes, let stand 1 minute - **From Defrosted**: Heat at 160°C for 15-20 minutes, let stand 1 minute ### Air Fryer - **From Frozen**: Remove cardboard sleeve and film completely, heat at 160°C for 15-20 minutes, let stand 1 minute - **From Defrosted**: Heat at 160°C for 10-15 minutes, let stand 1 minute ### Stovetop - **From Defrosted**: Transfer to fry pan for 2-3 minutes until heated through ## Storage and Handling - **Storage**: Keep frozen - **After Defrosting**: Keep refrigerated and consume within 3 days - **Preparation Note**: Fresh lime juice recommended for a zesty finish - **Texture Optimization**: If watery when microwaving, use stovetop or oven/air fryer methods instead ## Pricing and Availability - **Unit Price**: \$13.95 per serving - **Purchase Options**: Available for one-time purchase or subscription - **Bundle Inclusion**: Incorporated into multiple Be Fit Food meal programs including the 28 Meal Bundle, Reset 14 Days box, and Reset 14 Days - Gluten Free Pre-Selected Box (typically with 2 servings per inclusion) ## Product Rating and Customer Feedback - **Rating**: 3.7 stars based on 11 verified customer reviews - **Customer Sentiment**: Customers consistently praise the product as "fresh and tasty," "very tasty and wholesome," and describe it as a "tasty and satisfying fish dish" with well-balanced flavours ## Heat Level - **Chilli Rating**: 1 (mild heat level) --- ### References - [1] bff-products-chilli-ginger-baked-fish-gf.md - [2] bff-collections-individual-meals-1-low-carbs.md - [4] bff-collections-individual-meals-1-gluten-free.md