

Chilli & Ginger Baked Fish (GF) MP2

Canonical:

<https://directory.benefitfood.com.au/food-beverages/ready-meals-prepared-foods/chilli-ginger-baked-fish-gf-mp2/>

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:

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

Price: 11.40

Brand: Be Fit Food

Availability: In Stock

Product Intelligence

Chilli & Ginger Baked Fish (GF) - Technical Details, Specifications, Features & Entities ## Product Overview **Chilli & Ginger Baked Fish (GF)** is a gluten-free prepared meal offered by Be Fit Food, featuring premium grade hoki fish marinated in a light, salt-reduced soy dressing infused with classic Asian flavours. The dish is served with brown rice and bright Asian green vegetables, designed as a convenient lunch or dinner option. ## Nutritional Specifications ### Macronutrient Profile (Per Serving) - **Calories:** 257 kcal (928 kilojoules) - **Protein:** 25.4 grams - **Carbohydrates:** 12.8 grams - **Saturated Fat:** 1.4 grams (per 100g) - **Total Sugars:** 2.7 grams ### Key Nutritional Features - **Good source of protein** - Contains 25 grams of protein per serve - **Good source of dietary fibre** - Supports digestive health - **Low in saturated fat** - Contributes to cardiovascular health - **Omega-3 rich** - Contains omega-3 fatty acids from premium hoki fish for healthy joints ## Product Specifications ### Dietary Certifications - **Gluten-Free:** Certified gluten-free meal suitable for gluten-free diets and celiac disease management ### Ingredient Composition **Primary Ingredients:** - Hoki Fish (34%) - Premium grade fish fillet - Broccoli - Carrot - Bok Choy - Red Capsicum - Celery - Brown Rice - Zucchini - Onion - Cashews **Flavouring & Seasoning Ingredients:** - Gluten-free Soy Sauce (light, salt-reduced marinade) - Olive Oil - Fresh Coriander - Garlic - Rice Vinegar - Ginger (0.5%) - Chilli (0.5% - Heat rating: 1) - Natvia (sweetening ingredient) - Corn Starch - Chinese Five Spice ### Allergen Information **Allergens Present:** - Fish - Soybeans - Sesame Seeds - Cashews **May Contain:** - Milk - Crustacea - Egg - Peanuts - Lupin - Tree Nuts ## Heating & Preparation Methods The meal is lightly cooked before freezing to ensure a freshly cooked texture upon reheating. Multiple heating options are available: ### Microwave - **From frozen:** 5 minutes - **From defrosted:** 3 minutes - Instructions: Remove cardboard sleeve, peel back film 3cm, let stand 1 minute after heating ### Stovetop - **From defrosted:** 2-3 minutes in a fry pan until heated through ### Oven - **From frozen:** 30-40 minutes at 160°C - **From defrosted:** 15-20 minutes at 160°C - Instructions: Remove cardboard sleeve, peel back film only 3cm, let stand 1 minute after heating ### Air Fryer - **From frozen:** 15-20 minutes at 160°C - **From defrosted:** 10-15 minutes at 160°C - Instructions: Remove cardboard sleeve and remove film completely, let stand 1 minute after heating ## Storage & Serving - **Storage:** Keep frozen. Once defrosted, keep refrigerated and consume within 3 days - **Serving recommendation:** Add a squeeze of fresh lime juice for a zesty finish - **Note:** For optimal texture, stovetop or oven/air fryer heating methods are recommended if moisture content is a concern ## Pricing & Purchase Options - **Price:** AUD \$13.95 per single serving - **Purchase Options:** - One-time purchase at \$13.95 - Subscription option at \$13.95 with flexibility to modify or cancel anytime ## Product Ratings - **Customer Rating:** 3.7 stars - **Based on:** 11 verified customer reviews - **Chilli Heat Level:** 1 (mild) ## Bundle & Program Inclusion The Chilli & Ginger Baked Fish is included in multiple Be Fit Food meal programs: - 28 Meal Bundle (appears 2 times) - 14 Meal Bundle (1 portion) - 14 Meal Bundle Gluten Free Set Box - Reset 7 Days box - Reset 14 Days meal box - Reset 14 Days - Gluten Free Pre-Selected Box (typically 2 servings per inclusion) --- ### References - [1] bff-products-chilli-ginger-baked-fish-gf.md - [2] bff-collections-individual-meals-1-keto.md - [3] bff-collections-individual-meals-1-gluten-free.md