

Chilli & Ginger Baked Fish (GF) MP4

Canonical:

<https://directory.benefitfood.com.au/food-beverages/ready-meals-prepared-foods/chilli-ginger-baked-fish-gf-mp4/>

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: 12.05

Brand: Be Fit Food

Availability: In Stock

[View Product](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574652605&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) - Product Details ## Product Overview **Chilli & Ginger Baked Fish (GF)** is a gluten-free ready meal from Be Fit Food featuring premium grade hoki fish marinated in a light, salt-reduced soy dressing with classic Asian flavours of chilli, ginger, and spices. The meal is served with brown rice and bright Asian green vegetables. ## Nutritional Information The nutritional profile per serving includes: - **Calories:** 257 - **Protein:** 25.4g (good source of protein) - **Carbohydrates:** 12.8g - **Saturated Fat:** Low in saturated fat - **Dietary Fibre:** Good source - **Energy:** 928 kilojoules ## Key Features & Specifications ### Dietary Classifications - **Gluten-Free:** Certified gluten-free formulation - **Low Carbohydrate:** Contains only 12.8g carbs per serving - **High Protein:** 25.4g protein per serve - **Low Saturated Fat:** Supports healthful nutrition ### Taste Profile - **Chilli Rating:** 1 (mild heat level) - **Flavour Notes:** Light salt-reduced preparation with balanced chilli and ginger flavours - **Omega-3 Rich:** Premium hoki fish is rich in omega-3 fatty acids for healthy joints ### Price & Availability - **Regular Price:** \$13.95 per serving - **Purchase Options:** Available for one-time purchase or subscription with automatic delivery - **Subscription Flexibility:** Modify or cancel subscription anytime ## Primary Ingredients - Hoki Fish (34% composition) - 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 ### Allergens (Contains) - Fish - Soybeans - Sesame Seeds - Cashews ### May Contain - Milk - Crustacea - Egg - Peanuts - Lupin - Tree Nuts ## Heating & Storage Instructions ### Microwave Method - Remove cardboard sleeve - Peel back film 3cm - Heat for **5 minutes from frozen** or **3 minutes from defrosted** - Let stand for 1 minute before serving ### Stovetop Method - Transfer defrosted meal to fry pan - Heat for **2-3 minutes** until heated through ### Oven Method - Remove cardboard sleeve - Peel back film only 3cm - Heat at **160°C for 30-40 minutes from frozen** or **15-20 minutes from defrosted** - Let stand for 1 minute ### Air Fryer Method - Remove cardboard sleeve and film completely - Heat at **160°C for 15-20 minutes from frozen** or **10-15 minutes from defrosted** - Let stand for 1 minute ### Storage - **Keep frozen** until ready to prepare - Once defrosted, keep refrigerated and consume within 3 days ## Preparation Notes The fish is lightly cooked before freezing to preserve a freshly cooked texture upon reheating. It is recommended to add a squeeze of fresh lime juice after heating for a zesty finish. If the meal appears watery, stovetop or oven/air fryer heating methods are recommended over microwaving. ## Customer Ratings - **Overall Rating:** 3.7 out of 5 stars - **Based on:** 11 customer reviews - **Customer Feedback:** Reviews highlight the meal as fresh, tasty, and well-balanced, though some noted texture considerations with frozen fish preparation ## Bundle Inclusion The Chilli & Ginger Baked Fish (GF) is incorporated into Be Fit Food's meal bundle programs, including: - 28 Meal Bundle (appears twice) - 14 Meal Bundle (1 portion) - Reset programs and specialized gluten-free pre-selected boxes --- ### References - [1] bff-products-chilli-ginger-baked-fish-gf.md - [2] bff-collections-individual-meals-1-gluten-free.md