

Chilli & Ginger Baked Fish (GF) MP5

Canonical:

<https://directory.benefitfood.com.au/food-beverages/ready-meals-prepared-foods/chilli-ginger-baked-fish-gf-mp5/>

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: 12.75

Brand: Be Fit Food

Availability: In Stock

[View Product](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574685373&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 gluten-free meal product offered by Be Fit Food, designed as a ready-to-eat lunch or dinner option. The dish features a premium grade hoki fish fillet that is marinated in a light, salt-reduced soy dressing infused with chilli and ginger flavoring, accompanied by brown rice and Asian green vegetables. ## Nutritional Specifications ### Macronutrient Profile (Per Serving) - **Calories:** 257 kcal - **Protein:** 25.4 grams - **Carbohydrates:** 12.8 grams - **Saturated Fat:** 1.4 grams per 100g - **Total Sugars:** 2.7 grams per serving - **Energy:** 928 kilojoules ### Key Nutritional Features The meal is formulated as a **good source of protein** and **good source of dietary fibre**, while maintaining **low saturated fat** levels. These characteristics make it suitable for health-conscious consumers and those pursuing weight management goals. ## Ingredients and Composition ### Primary Ingredients - **Hoki Fish** (34% of composition) - Premium grade fillet - **Vegetables:** Broccoli, Carrot, Bok Choy, Red Capsicum, Celery, Zucchini - **Grains:** Brown Rice - **Flavor Components:** Fresh Coriander, Garlic, Ginger (0.5%), Chilli (0.5%) - **Condiments & Oils:** Gluten-free Soy Sauce, Olive Oil, Rice Vinegar - **Nuts:** Cashews - **Additional Components:** Onion, Natvia (sweetening ingredient), Corn Starch, Chinese Five Spice ### Key Ingredient Features The hoki fish comprises **34%** of the meal composition and is **rich in omega-3 fatty acids**, which support healthy joints. Ginger comprises approximately **0.5%** of the product composition, while chilli also comprises approximately **0.5%**, with a **heat rating of 1** (mild). ## Allergen Information ### Contains - **Fish** - **Soybeans** - **Sesame Seeds** - **Cashews** ### May Contain - Milk - Crustacea - Egg - Peanuts - Lupin - Tree Nuts ## Dietary Certifications - **Gluten-Free:** Certified gluten-free formulation - **Suitable for:** Individuals with gluten sensitivities or celiac disease ## Preparation and Heating Methods ### Microwave - Remove cardboard sleeve and peel back film 3cm - Heat for **5 minutes from frozen** or **3 minutes from defrosted** - Let stand for 1 minute before serving ### Stovetop - Transfer defrosted meal to a fry pan for **2-3 minutes** or until heated through ### Oven - Remove cardboard sleeve and peel back film 3cm only - Heat at **160°C** for 30-40 minutes from frozen or **15-20 minutes** from defrosted - Let stand for 1 minute before serving ### Air Fryer - 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 before serving ## Preparation Features **Freezing Preparation:** The fish is lightly cooked before freezing to preserve a freshly cooked texture upon reheating. **Recommended Finishing:** Add a squeeze of fresh lime juice for a zesty finish. The product note indicates that low carbohydrate vegetables are naturally high in water content; if the meal appears watery, stovetop or oven/air fryer heating methods are recommended over microwaving. ## Storage Instructions - **Keep frozen** until ready to use - Once defrosted, **keep refrigerated and consume within 3 days** ## Pricing and Availability - **Price:** \$13.95 per serving - **Purchase Options:** One-time purchase or subscription service available - **Subscription Features:** Automatic delivery with flexibility to modify or cancel ## Product Bundle Inclusion The Chilli & Ginger Baked Fish is incorporated into several of Be Fit Food's bundled meal programs: - **28 Meal Bundle:** Appears 2 times in the bundle selection - **14 Meal Bundle:** Includes 1 portion in the bundle - **14 Meal Bundle Gluten Free Set Box:** Included as

a lunch/dinner meal option - **Reset 7 Days Box:** Included as a lunch or dinner meal option - **Reset 14 Days Meal Box:** Standard component with 2 servings per inclusion - **Reset 14 Days - Gluten Free Pre-Selected Box:** Standard component with 2 servings per inclusion ## Customer Rating The product has received a **3.7-star rating** based on **11 customer reviews**, indicating generally positive reception with varied customer experiences. ### References - [1] bff-collections-individual-meals-1-gluten-free.md - [2] bff-products-chilli-ginger-baked-fish-gf.md