

Chilli & Ginger Baked Fish (GF) MP6

Canonical:

<https://directory.benefitfood.com.au/food-beverages/ready-meals-prepared-foods/chilli-ginger-baked-fish-gf-mp6/>

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: 10.15

Brand: Be Fit Food

Availability: In Stock

[View Product](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=43456574718141&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 prepared meal offered by Be Fit Food, featuring premium grade hoki fish as the primary ingredient. This ready-to-eat meal combines Asian flavors with health-conscious nutritional composition, making it suitable for individuals with gluten sensitivities and those seeking protein-rich meal options. ## Nutritional Specifications The meal delivers the following nutritional profile per serving: - **Calories:** 257 kcal (928 kilojoules) - **Protein:** 25.4g - **Carbohydrates:** 12.8g - **Saturated Fat:** 1.4g per 100g - **Total Sugars:** 2.7g per serving - **Sodium:** 209mg per meal ## Key Features ### Primary Ingredient The dish features **premium grade hoki fish**, which comprises **34%** of the total meal composition. Hoki fish is rich in **omega-3 fatty acids**, supporting joint health and overall wellness. ### Flavor Profile The meal is marinated in a **light, salt-reduced soy dressing** infused with classic Asian flavors including: - Chilli (with a heat rating of 1 - mild) - Ginger (0.5%) - Spices and seasonings ### Accompanying Components - **Brown rice** as the carbohydrate base - **Asian green vegetables** including broccoli, bok choy, carrot, red capsicum, celery, and zucchini ## Dietary Classification & Certification - **Gluten-Free:** Certified and suitable for celiac disease and gluten sensitivities - **Good Source of Protein:** 25g per serving - **Good Source of Dietary Fibre** - **Low in Saturated Fat** - **No Artificial Ingredients:** Maintains clean label standards ## Ingredient Composition **Complete Ingredient List:** 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 (sweetener), Corn Starch, Chilli (0.5%), Chinese Five Spice ## Allergen Information ### Declared Allergens - Fish - Soybeans - Sesame Seeds - Cashews ### May Contain (Cross-Contamination Risk) - Milk - Crustacea - Egg - Peanuts - Lupin - Tree Nuts ## Preparation & Heating Methods The meal is **lightly cooked before freezing** to preserve 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 until heated through - Transfer to fry pan for direct heat application ### Oven - From frozen: 30-40 minutes at 160°C - From defrosted: 15-20 minutes at 160°C - Remove cardboard sleeve, peel back film 3cm only ### Air Fryer - From frozen: 15-20 minutes at 160°C - From defrosted: 10-15 minutes at 160°C - Remove cardboard sleeve and film completely ## Storage Instructions - **Keep frozen** until ready to consume - **Once defrosted:** Keep refrigerated and consume within 3 days ## Product Finishing Recommendation A squeeze of **fresh lime juice** is recommended after heating for a **zesty finish** and enhanced flavor profile. ## Pricing & Purchase Options - **Regular Price:** \$13.95 per serving - **Available for:** One-time purchase or subscription ordering - **Subscription Details:** Products automatically delivered on your schedule with flexibility to modify or cancel ## Customer Rating & Reviews The product has received a **3.7-star rating** based on **11 verified customer reviews**, with feedback noting aspects such as taste quality, texture (fresh and wholesome), and occasional concerns regarding moisture content depending on heating method used. ### References - [1] bff-products-chilli-ginger-baked-fish-gf.md