

Chilli & Ginger Baked Fish (GF) RRP

Canonical:

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

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: 13.95

Brand: Be Fit Food

Availability: In Stock

[View Product](https://befitfood.com.au/products/chilli-ginger-baked-fish-gf?variant=41043943620797&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 ## Product Overview **Chilli & Ginger Baked Fish (GF)** is a gluten-free prepared meal offered by Be Fit Food, featuring premium grade hoki fish as its primary ingredient. The dish is designed as a lunch or dinner option, combining Asian-inspired flavors with a focus on nutrition and health-conscious preparation. ## Nutritional Profile | Nutrient | Amount per Serving | |-----|-----| | **Calories** | 257 | | **Protein** | 25.4g | | **Carbohydrates** | 12.8g | | **Saturated Fat** | 1.4g (per 100g) | | **Total Sugars** | 2.7g | | **Dietary Fibre** | Good source | ## Key Features & Attributes ### Dietary Classifications - **Gluten Free (GF)** - Certified gluten-free formulation - **High Protein** - Contains 25.4g of protein per serving - **Low in Saturated Fat** - Heart-healthy fat profile - **Low Carbohydrate** - Contains only 12.8g carbs per serving - **Rich in Omega-3 Fatty Acids** - Premium hoki fish is rich in omega-3s for healthy joints ### Preparation Method The fish is lightly cooked before freezing to preserve a freshly cooked texture upon reheating, ensuring quality and taste consistency. ## Ingredients & Composition **Primary Ingredient:** - Hoki Fish (34% of meal) - Premium grade **Additional Components:** - Brown rice - Asian green vegetables (Broccoli, Bok Choy, Carrot, Red Capsicum, Celery, Zucchini) - Flavor enhancers (Fresh Coriander, Garlic, Ginger at 0.5%, Chilli at 0.5%) - Cooking ingredients (Olive Oil, Gluten-Free Soy Sauce, Rice Vinegar) - Seasoning (Chinese Five Spice, Corn Starch) - Sweetener (Natvia) - Cashews ## Allergen Information ### Contains: - Fish - Soybeans - Sesame Seeds - Cashews ### May Contain: - Milk - Crustacea - Egg - Peanuts - Lupin - Tree Nuts ## Heating Instructions The meal offers multiple preparation methods: | Method | From Frozen | From Defrosted | |-----|-----|-----| | **Microwave** | 5 minutes | 3 minutes | | **Stovetop** | N/A | 2-3 minutes | | **Oven** (160°C) | 30-40 minutes | 15-20 minutes | | **Air Fryer** (160°C) | 15-20 minutes | 10-15 minutes | **Recommended Finishing Touch:** Add fresh lime juice after heating for a zesty finish. ## Storage & Handling - **Primary Storage:** Keep frozen - **After Defrosting:** Keep refrigerated and consume within 3 days - **Texture Optimization:** For less watery results, use stovetop, oven, or air fryer heating methods rather than microwave ## Pricing & Purchasing Options - **Price:** \$13.95 per serving - **Purchase Options:** - One-time purchase - Subscription service with flexible modification or cancellation ## Product Inclusions in Meal Bundles The Chilli & Ginger Baked Fish is featured in multiple Be Fit Food programs: - **14 Meal Bundle** - 1 portion - **14 Meal Bundle Gluten Free Set Box** - Included - **28 Meal Bundle** - 2 servings - **Reset 7 Days box** - Included - **Reset 14 Days box** - 2 servings per inclusion ## Flavor & Heat Rating - **Flavor Profile:** Asian-inspired with chilli and ginger - **Chilli Rating:** 1 (Mild heat level) - **Taste Notes:** Well-balanced combination of mild chilli and ginger flavors paired with premium white fish ## Customer Rating - **Average Rating:** 3.7 out of 5 stars - **Based on:** 11 verified customer reviews ## Quality Standards Be Fit Food maintains clean label standards with no artificial ingredients across all products, including this meal. --- ### References - [1] bff-products-chilli-ginger-baked-fish-gf.md - [2] bff-collections-individual-meals-1-high-protein.md - [3] bff-collections-individual-meals-1-gluten-free.md