



## Country Range Frozen Breaded Chicken Goujon 2 kg

### Ingredients & Allergens

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**Country of Origin:** Poland

**Ingredients:** Chicken Breast (64%), WHEAT Flour, Rapeseed Oil, Water, Glucose, Yeast, WHEAT Fibre, Salt, WHEAT Gluten, Potato Starch, Stabilisers (Diphosphates, Triphosphates).

## Nutrition - Typical per 100g

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Energy	886 / 212
Fat	12
Saturates	2.7
Carbohydrates	11
Sugars	1.2
Fibre	0
Protein	15
Salt	0.8

## Dietary

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### Suitability

Vegetarian	no
Vegan	no
Halal Diet	yes
Kosher Diet	no

### Contains

Gluten	yes
Milk	may_contain
Egg	no
Peanuts	no
Brazil Nut	-
Crustaceans	no
Mustard	may_contain
Fish	no
Lupin	no
Sesame	no
Celery	may_contain
Soya	may_contain
Molluscs	no
Sulphur Dioxide	no

## Handling & Cooking

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### Directions for Use

For best results cook from frozen. Always ensure that the chicken goujons are piping hot and fully cooked throughout. The cooking instructions are give as a guide only as appliances vary. Oven Cook: Pre-heat oven to 200°C/ 400°F/ Gas Mark 6. Place the chicken goujons on a baking tray in the centre of the oven and bake for 15-20 minutes, turning half way through cooking. Deep Fry: Pre-heat oil to 180°C. Gently lower the chicken goujons into the oil until fully immersed and fry for 4-5 minutes. Drain and serve.

### Storage Instructions

Keep frozen -18°C or below. Do not refreeze after thawing.

## Packaging

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### Primary packaging type

Blue Film bag.

### Primary packaging dimensions

Cardboard case.

### Inner Unit Length in ( mm )

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### Inner Unit Height in ( mm )

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### Inner Unit Width in ( mm )

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### Outer Unit Length in ( mm )

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### Outer Unit Height in ( mm )

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### Outer Unit Width in ( mm )

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### Disclaimer:

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