



# Wiggy Cornflake Fish Fillets Fillets

It contains Omega-3 fatty acid, an essential nutrient that provides most energy to the brain and helps to reduce the risk of heart attack. It's a breakthrough where we have incorporated flaked corns in the coating of selected white fish fillet.



**COOK FROM FROZEN**



**FREEZER TO FRYER**

## Cooking Instructions:



**Deep Fryer**

- 180°C
- 4.5 - 5.5 minutes



**Conventional Oven**

- 220°C
- 23 - 25 minutes



**Air Fryer**

- 200°C
- 11 - 13 minutes

