

# Molded Puree Fish Fillet

## INGREDIENTS

Fish, hake, frozen, raw	800g
Stock,powder,dry	2 tsp
Butter,nfs	150g
Food Mold Thickener	40g
Fresh Milk	300 mL
Enrich Plus - WPI	60g

Yields 900g (66% of 1370g)  
Makes 12 Serves (75g per serve)

## METHOD

Use 3 fish fillet silicone mold trays

1. Poach fish in milk and seafood booster
2. Add fish and liquid into blender along with melted butter and blend.
3. Add protein powder and thickener and blend
4. Spread thickend mixture into molds and cover with mold lid and place in freezer
5. Serve with tasty white sauce

## ANALYSIS SUMMARY

	Quantity per Serving	Quantity per 100g
EnergyNoDF (kJ)	807.54kJ	1076.72kJ
Protein (g)	16.80g	22.39g
Total fat (g)	10.75g	14.33g
Carbohydrate (g)	4.87g	6.49g
Dietary fibre (g)	?g	?g
Sodium (mg)	250.61mg	334.15mg
Potassium (mg)	>92.76mg	>123.68mg
Calcium (mg)	>60.08mg	

