

Storage instructions

May be stored under room temperature in a moist free and dry atmosphere. Keep under refrigeration once the pack is opened

Nutritional Facts

Amount (g) per serving size(one cutlet)

Calories	48 (cal)
Protein	22 (%)
Total fat	5.76 (%)
Minerals	4.36 (%)
Cholesterol	40 (mg)
Total carbohydrate	61.03 (%)



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Ready-to-Cook Seafood Delicacies



FISH CUTLET INSTANT MIX POWDER



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Instant fish Cutlet

Food and food products account for about 53% of the value of final private consumption. As a result of globalization and urbanization in India, out-of-home food consumption is gaining more preference, which slowly comes out of traditional joint family concept leading to nuclear families. As more number of women are now opting for job, there has been an increase in per capita income, improvement in lifestyles and increasing breaking up of the traditional joint family system. It also gives importance for quality time which finally translates into an increased need for convenience, thus this changing lifestyles had brought about the changes in food habits. The change in food habits has been evident from the growth of food processing industries and emerging ready-made food products. In this background instant food products play a major role in Indian kitchen where it requires very less time for its preparation. Instant cutlet is one such product developed in this perception where it can be prepared very easily. It includes a complete package of all the ingredients required for fish cutlet in powder/ crushed form where it has to be reconstituted with boiled water. A 100gm packet can be used for preparing 6-8 number of cutlets.

Ingredients

- Dehydrated fish flour
- Potato
- Carrot
- Onion
- Green chilly
- Ginger
- Pepper
- Curry leaves
- Mint leaves
- Clove
- Cinnamon
- Batter mix
- Bread crumbs

How to prepare

Add 150 ml boiled water to the base mix (except batter mix and bread crumbs) and mix well. Assign proper shape to the cutlet and keep aside. Prepare batter mix by adding the required amount of water (mix: water:: 1:2) in order to get sufficient consistency. Dip the shaped cutlet in batter mix thoroughly followed by coating with bread crumbs provided in the sachet packet, to give a perfect coating. The coated product may be then shallow fried in oil till it turns to golden brown

Pack information

- Base mix containing fish flour, dried vegetables and spices
- Sachet packet 1: Batter mix
- Sachet Packet 2: Bread crumbs

