



Gluten-Free Wheat-Free

MASH MUNCHIE MIX

Fish Cakes / Patties / Crispy Bakes



Quickly mix together 100g of Mash Munchie Mix with 300ml of cold water and leave to fully hydrate for 5 minutes. Combine with your favourite filling and season with salt and pepper to taste. Then take approximately 50g and form into the required shape. 100g of mix will make approximately 8 Mash Munchie Bites or 4 fish cakes.



Then dip into either Glu-2-Go Batter Mix or egg (removing any excess) and then coat using Glu-2-Go Breadcrumbs. Fry at 170°C for 5-6 minutes. Turn constantly to ensure even cooking until golden brown. Drain and serve.

TOP TIP (Preparing a batch for freezing)

Fry for 1 minute, allow to cool and then freeze. To re-heat, oven bake at 180°C for 30 minutes. Ensure contents are piping hot.

INGREDIENTS

Dried Potato, Potato Starch, Salt, Skimmed Milk Powder, Flavouring

Suitable for Coeliacs. Conforms to Codex Alimentarius Standard.

Allergen Advice

Contains Dairy

Factory: Other production utilises wheat, gluten, celery, mustard, soya, fish, eggs

Serving Suggestions - *Mmm...*

- Sweetcorn Fritters
- Fishy Bubble Bites
- Salmon & Dill Fish Cakes
- Curry Bites
- Cod & Pancetta Fish Cakes
- Cheesy Balls
- Smoked Haddock Fish Cakes
- Savoury Bites
- Sweet Veggie Bites
- Crispy Corned Beef Bites



CUK-M-046