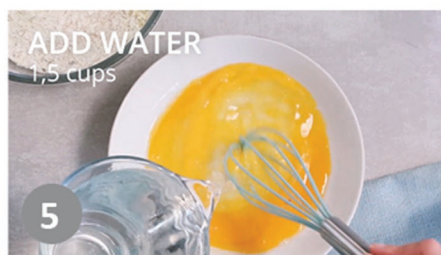
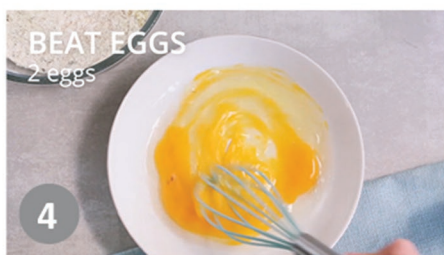
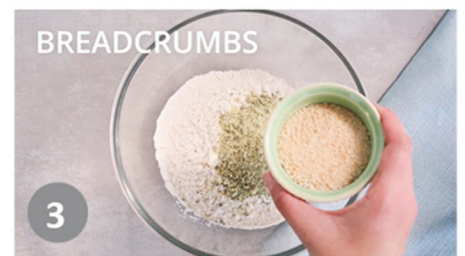




BATTERED FISH

INGREDIENTS

- 4 fish fillets
- 1 cup flour (for mixture)
- 1 cup flour (for coating)
- 1/2 cup fish spice
- 1 cup breadcrumbs
- 2 eggs
- 1 1/2 cups water
- Cooking oil (for deep frying)



Karoo Catch
A SUSTAINABLE SOURCE OF PROTEIN

Karoo Catch (Pty) Ltd
Phone: +27 40 555 0057
E-mail: customer@karoo-catch.co.za
Web site: www.karoo-catch.co.za