



# Battered Chicken Steaks

**UNIT:** 24 x 85g



## Description

The CHEF Assured Battered Chicken Steaks are a delicious addition to any menu. Made from premium chicken breast meat, these steaks are not only high quality but also meet the 2024 salt guidelines set by Public Health England, making them suitable for school meals. They can be deep-fried, oven-baked, or air-fried to suit your needs.



## Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

## Specifications

### Nutrition

Typical Values	Per 100g/ml
Energy	872 kJ 208 kcal
Fat	10.2 g
- of which saturates	1.7 g
Carbohydrates	19.5 g
- of which sugars	1.1 g
Fibre	0.5 g
Protein	9.6 g
Salt	0.9 g

### Allergens

Contains Cereal	Yes
Contains Gluten	-
Contains Milk	Yes
Contains Eggs	No
Contains Peanuts	No
Contains Nuts	No
Contains Crustaceans	No
Contains Mustard	No
Contains Fish	No
Contains Lupin	No
Contains Sesame	No
Contains Celery	No
Contains Soya	No
Contains Molluscs	No
Contains Sulphur Dioxide	No

### Dietary Information

Suitable for Vegetarians	No
Suitable for Vegans	No
Suitable for Sufferers of Lactose Intolerance	No
Suitable for Coeliacs	No
Approved for a Halal Diet	Yes
Approved for a Kosher Diet	No

### Ingredients

Chicken Breast Meat (50%), Water, WHEAT Flour, Sunflower oil, Maize Starch, WHEAT Starch, Maize Flour, Dietary Fibre, Salt, Raising Agents (E450i, E500ii), Skimmed MILK Powder, Dextrose, Colour (E100).

### Directions for Use

Cook from frozen: Deep fry at 180°C for approximately 3-4 minutes. Oven bake at 190°C

for 7-9 minutes. Ensure product is cooked to a core temperature of 75°C before serving.

\*The above instructions are guidelines only. Variations in time and temperature may be required for different appliances or variation in portion size and quantities cooked.

### Storage

#### Instructions

Keep frozen -18c or colder. Do not refreeze once defrosted.

### Packaging

CTIN:  
Inner CTIN: 5060392097007  
Weight/Volume: 12 x 85g (1.02kg)  
Packaging Type: Plastic Bag

### Country of Origin

Bulgaria ()

All Allergen and Nutrition information drawn from [www.erudus.com](http://www.erudus.com) on 01/07/2025