

9.2500

DEEP FRYING DIRECTIONS

1. **FILL** deep fryer no more than ½ full with oil. Heat oil to 350°F on medium heat.
2. **POUR** Zatarain's Seasoned Fish-Fri onto plate or into plastic bag. Use ½ cup Fish-Fri per 1 lb. fish. Roll or shake fish in Fish-Fri until evenly coated. Discard any remaining Fish-Fri mixture on plate or in plastic bag.
3. **FRY** fish, a few pieces at a time, in hot oil until light golden brown. Drain on paper towels.

PAN FRYING DIRECTIONS

1. **POUR** 1 inch of vegetable oil into large skillet. Heat oil to 350°F on medium heat. Rinse fish in cold water. Drain.
2. **PREPARE** as directed above.

Must be cooked for food safety.



**REFRIGERATE
AFTER OPENING**
**DO NOT USE IF
SEAL UNDER CAP IS
BROKEN OR MISSING**



901605620



NET WT 5.75 LB (2.6 kg)



ZATARAIN'S®

A NEW ORLEANS TRADITION • SINCE 1889

New Orleans Style

FISH-FRI®

SEAFOOD BREADING MIX

SEASONED



**GLUTEN
FREE**

SERVING
SUGGESTION

Nutrition Facts

About 153 servings per container

Serving size 2 tbsp. mix (17g)

Amount per serving

Calories 50

% Daily Value

Total Fat 0g **0%**

Sodium 640mg **28%**

Total Carbohydrate 12g **4%**

Protein <1g

Iron 0.9mg **6%**

INGREDIENTS: ENRICHED CORN FLOUR (CORN FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SPICES (INCLUDING RED PEPPER), CITRIC ACID, MONOSODIUM GLUTAMATE (FLAVOR ENHANCER), GARLIC, ONION & LEMON JUICE CONCENTRATE.

ZATARAIN'S
NEW ORLEANS, LA 70114
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Comments or Questions?

Call 1-877-837-3796 or visit us at www.zatarains.com
for great recipe ideas and product information.