

Hoki Fillet Recipe



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Omega-3 fatty acid is a type of polyunsaturated fatty acid that helps decrease the risk of heart disease. Although it is present in all fish, oily fish contain much higher levels of these oils than white (or non-oily) fish. Oily fish is also especially good for you as the bones are often soft and easily chewable, which means you are more likely to eat the bones which are full of calcium ...

Calories in Fish | Full Fish Calorie Listing - Super Skinny Me

Have just started using my Philips Airfryer , looks it bit more of the basic model than yours . First try was unsuccessful as tried cooking cod fillets in breadcrumbs but we're not like the usual birds eye etc brands , came out looking insipid and tasteless . 2nd try Birdseye Hoki fillets and thin oven chips , very successful.

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