

**BEST BEFORE : OCT 2026**

**SALMON WELLINGTON**

**Ingredients:**

Pastry (39%) (**WHEAT** Flour [ **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Margarine [Non-hydrogenated Palm Fruit Oil, Rapeseed Oil], Water, Salt), Salmon (**FISH**) (36%) Béchamel Sauce Mix (Modified Maize Starch, Skimmed **MILK** Powder, Whole **MILK** Powder, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin ), Sugar, Non-hydrogenated Rapeseed Oil, Maltodextrin, Dehydrated Onion, Salt, Yeast Extract, Flavouring, Garlic Powder, Herb Extract, Spice Extract), Unsalted Butter ( **MILK** ) (3%), **MILK**, Dill.

**Cooking From Frozen:**

Remove all packaging. For best results cook from frozen, remove all packaging. Place onto a baking tray & put into the oven preheated to 200°C (Gas Mark 6) , Fan 180°C for 35 – 40 minutes, until the pastry is crisp and fish cooked through.

Cooking times may vary according to oven type, ensure food is piping hot before serving.

**NUTRITION (PER 100g)**

Energy	1049kJ /252kcal
Fat	15.0g
Saturates	2.3g
Carbohydrate	18.0g
Sugars	1.4g
Fibre	1.4g
Protein	10.0g
Salt	0.7g

