

SALMON FISHCAKES

BEST BEFORE : OCT 2026

Ingredients

Salmon (**FISH**) (38%), **WHEATFLOUR** contains **GLUTEN** (with **WHEATFLOUR**, Calcium Carbonate, Iron, Niacin, Thiamin), Double Cream (**MILK**), Potatoes (13%), Water, Rapeseed Oil, Onions, Lemon Juice, Fish Stock (**FISH** Bones, Water, Onions, Carrots, Parsley, Thyme, Ground Black Pepper), Cornflour, Butter (**MILK**), Parsley, Pasteurised **EGG** Yolk, Salt, Inactive Yeast (contains **BARLEY, WHEAT, GLUTEN**), Yeast, Ground Spices (Paprika, Black Pepper, Cayenne Pepper, White Pepper), Italian Hard Cheese (**MILK**), **FISH** Gelatine, White Wine Vinegar, Concentrated Lemon Juice, Tarragon

Cooking Instructions

Cooking Instructions - General.

Needs Cooking.

Do not reheat.; Oven cook - From Frozen. Electric 200°C, Fan 180°C, Gas 6, 35 mins

Preheat oven. Remove all packaging. Place on preheated baking tray.; Oven cook - From Chilled. Electric 200°C, Fan 180°C, Gas 6, 25 mins

Preheat oven. Remove all packaging. Place on preheated baking tray.

NUTRITION (PER 100g)

Energy	1000kJ /248kcal
Fat	15.3g
Saturates	3.6g
Carbohydrate	14.3g
Sugars	2.1g
Fibre	1.1g
Protein	10.7g
Salt	1.00g

