

COD FISHCAKES

BEST BEFORE : OCT 2026

Ingredients

Cod (**FISH**) (38%) , **WHEATFLOUR** contains **GLUTEN**
(with **WHEATFLOUR**, Calcium Carbonate, Iron, Niacin, Thiamin),
Potatoes (14%), Double Cream (**MILK**), Water, Rapeseed Oil, Fish
Stock (**FISH** Bones, Water, Carrots, Onions Parsley, Thyme, Ground
Black Pepper), Onions, Full Fat Soft Cheese (**MILK**), Parsley,
Cornflour, Salt, Butter (**MILK**), Inactive Yeast
(contains **BARLEY, WHEAT, GLUTEN**), Concentrated Lemon Juice,
Yeast, Ground Spices (Paprika, Black Pepper, White Pepper),
Reduced Sodium Sea Salt, **FISH** Gelatine, Lemon Juice

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	810kJ /193kcal
Fat	9.3g
Saturates	2.8g
Carbohydrate	17.7g
Sugars	1.8g
Fibre	0.8g
Protein	9.3g
Salt	0.55g

