

**BEST BEFORE : OCT 2026**

**SMOKED HADDOCK 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. Place on a lightly greased baking tray and put into an oven pre-heated to 200°C (Gas mark 6) and cook for 30-35 minutes until pastry is crisp and fish cooked through. (In a non fan assisted oven, cooking time may take longer).

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

**NUTRITION (PER 100g)**

|              |                |
|--------------|----------------|
| Energy       | 906kJ /217kcal |
| Fat          | 12.0g          |
| Saturates    | 2.0g           |
| Carbohydrate | 17.0g          |
| Sugars       | 1.2g           |
| Fibre        | 1.2g           |
| Protein      | 11.0g          |
| Salt         | 1.4g           |

