

BEST BEFORE : OCT 2026

SALMON PORTIONS

Ingredients

Salmon (FISH)

Cooking Instructions

Shallow Fry - From Chilled.

10-12 mins

Remove all packaging.

Season with salt and pepper.

Heat a little oil in a frying pan over a medium heat. Place skin side down and turn once during cooking. Do not reheat.

Thickness of fish may vary.

Thicker pieces will take longer to cook.

NUTRITION (PER 100g)

Energy	982kJ /236kcal
Fat	17.8g
Saturates	2.7g
Carbohydrate	0.4g
Sugars	0.1g
Fibre	0.1g
Protein	18.6g
Salt	0.19g

