

BREADED HADDOCK

BEST BEFORE : OCT 2026

Ingredients

Haddock (**FISH**) (54%), Breadcrumbs Coating*, Rapeseed Oil,
*Breadcrumbs Coating (Flour (**WHEAT**, Rice), Water,
Salt, **WHEAT** Starch, Yeast, Dextrose, Sugar, **MUSTARD**, Paprika,
Turneric Extract, Calcium Carbonate, Iron, Niacin, Thiamin)

Cooking Instructions

Instructions: To Prepare...Tastiest
When Oven Baked Straight from
the Freezer.220°C, Fan 200°C,
Gas Mark 7, 20 Mins- Pre-heat
the oven.- Place on a baking tray
in the middle of the oven.- Cook
until crisp and golden.- Please
ensure food is cooked until piping
hot.- These instructions are
guidelines only.- Do Not refreeze
after defrosting

NUTRITION (PER 100g)

Energy	884kJ /234kcal
Fat	8.1g
Saturates	0.6g
Carbohydrate	22g
Sugars	0.7g
Fibre	0.8g
Protein	12.0g
Salt	0.83g

