

BEST BEFORE : OCT 2026

SMOKED HADDOCK FISHCAKES

Ingredients

Smoked Haddock (**FISH**) (24%), Salt, Colour: Curcumin, Paprika Extract), **WHEATFLOUR** contains **GLUTEN** (with **WHEATFLOUR**, Calcium Carbonate, Iron, Niacin, Thiamin), Haddock (**FISH**) (13%) Potatoes (12%), Double Cream (**MILK**), Water, Rapeseed Oil, Onions, Mature Cheddar Cheese (**MILK**) (4%), Fish Stock (**Fish** Bones, Water, Carrots, Onions, Parsley, Thyme, Ground Black Pepper), Lemon Juice, Cornflour, Salt, Parsley, Inactive Yeast (contains **BARLEY, WHEAT, GLUTEN**), Reduced Sodium Sea Salt, Yeast Italian Hard Cheese (**MILK**), Ground Spices (Paprika, White Pepper, Black Pepper)

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	867kJ /207kcal
Fat	10.5g
Saturates	3.1g
Carbohydrate	18.0g
Sugars	3.3g
Fibre	0.9g
Protein	9.7g
Salt	1.08g

