

BEST BEFORE : OCT 2026

SALMON EN CROUTE

Ingredients

INGREDIENTS: Salmon (FISH) (41%), WHEAT Flour, Water, Palm Oil, Full Fat Soft Cheese (MILK) (4%), MILK, Spinach Leaf, Butter (MILK), Cheddar Cheese (MILK) (2%), Rapeseed Oil, Maize Starch, Onion, Cream (MILK), Dried EGG Yolk, Salt, Cheese Powder (MILK), MUSTARD Seed, Garlic, Vinegar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Natural Aroma (Flavouring), White Pepper, Yeast Extract, MILK Sugar, Parsley, Turmeric, Onion Powder, Dried Glucose Syrup, Vitamin A, Lovage, Nutmeg, Garlic Powder, Rosemary Extract, Sunflower Oil.

Oven cook : From Chilled

How to Prepare at Home: Electric 220°C Fan
200°C Gas Mark 7 (+5 mins) Please don't grill!

1 Pre-heat oven. Remove the film, lift the salmon en croutes out of their wooden tray and place them directly with the greaseproof paper on to a baking tray. For best results, brush the pastry with milk or whisked egg.

2 Place the baking tray in the centre of the oven (away from any element or flame) and cook for 22 mins.

3 Leave to stand for 2 mins before serving. Make sure it's piping hot. This recipe includes some raw ingredients and isn't suitable for microwaving.

If frozen, adjust cooking times to 45 mins

NUTRITION (PER 100g)

Energy	1048kJ / 251kcal
Fat	15.8g
Saturates	7.6g
Carbohydrate	17.0g
Sugars	1.8g
Fibre	0.7g
Protein	10.0g
Salt	0.74g

