



203635C Traditional Fish Pie (Paramount)



Pack Size: 15 X 400G

Details: Salmon, smoked haddock, prawns and whitefish in a creamy leek sauce, topped with real mashed potato made with cream and butter and finished off with a sprinkling of toasted breadcrumbs.

Allergen Information

Contains:

Crustaceans, Fish, Milk

Free from:

Cereal, Celery, Sesame, Eggs, Gluten, Mustard, Lupin, Molluscs, Nuts, Peanuts, Sulphur Dioxide, Soya

Suitable for:

Halal, Coeliacs

Handling Information

Directions For Use:

From defrost: MERRYCHEF (1725W): defrost overnight in a refrigerator. Remove film lid. Cook in the Merrychef at 100% for 3 minutes, 45 seconds.

From frozen: MICROWAVE (950W): pierce film lid and place on a non-metallic plate in the microwave. Cook on low power (300W) for 9 minutes. Remove film lid and cook on

Storage Instructions:

Keep frozen at -18°C or below. Do not refreeze if allowed to thaw.

Product Ingredients

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INGREDIENTS: potato (33%), water, cream (**MILK**) (7%), salmon (**FISH**) (5%), smoked haddock (**FISH**) (5%) [haddock, salt, colours (turmeric, annatto norbixin)], Alaska pollack (**FISH**) (5%), prawns (**CRUSTACEANS**) (5%) [prawns, water, salt], **MILK**, butter (**MILK**).

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

109 kcal / 452 kJ

Fat:

5.6 g

of which saturates:

3.1 g

Carbohydrates:

9.1 g

of which sugars:

1 g

Fibre:

0.2 g

Protein:

4.8 g

Salt:

0.8 g



check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.