

SAFFRON FISH PIE

250 g

HEAT FROM FRESH: Leave plastic film on and heat for 20 minutes at 180C. Remove film and heat for a further 10 minutes to brown the top.

HEAT FROM FROZEN: Leave plastic film on and heat for 40 minutes at 160C. Remove film and heat for a further 10 minutes to brown the top.

MICROWAVE INSTRUCTIONS: If frozen defrost first then heat for 2-6 minutes on high power depending on the size of your dish.

MAKE SURE YOUR DISH IS THOROUGHLY HEATED, COOKING TIMES MAY VARY DEPENDING ON YOUR OVEN OR MICROWAVE.

Store in the freezer below -18°C

Store in the refrigerator below 4°C

Ingredients: Mashed Potatoes [Potato, Mainland Butter, Anchor Cream, Salt.], Full Fat Milk, Salmon, Hoki, Prawn, Leeks, Maize Starch, Salt, Saffron, Black Pepper.

Contains: Fish, Crustacea, Milk

May Contain: Sesame, Tree Nuts, Soy, Gluten containing cereals, Peanuts

NUTRITION INFORMATION

Servings per package: 1

Serving size: 250 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1210 kJ 289 Cal	484 kJ 116 Cal
Protein	22.2 g	8.9 g
Fat, total	12.7 g	5.1 g
- saturated	5.8 g	2.3 g
Carbohydrate	20.1 g	8.1 g
- sugars	2.7 g	1.1 g
Dietary Fibre	2.1 g	0.8 g
Sodium	629 mg	252 mg

MYLK Food Store

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Made in New Zealand from local and imported ingredients