



HOT MEALS - FISH

	Ingredients	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Added sugar (g)	Total fat (g)	Saturated fat (g)	Fibre (g)	Sodium (mg)
The Ultimate Fish Pie	Potato, fish stock (fish), hake (fish), low fat milk (milk), egg (egg), butter (milk), flour (wheat, gluten), breadcrumbs (wheat, gluten), parmesan cheese (milk), carrots, celery, fennel	1883	450.5	33.2	41.3	0	15	6.73	3.6	351
Emanthaal fish cakes with avo, cucumber & onion salsa	Hake fillets (fish), emanthaal cheese (milk), reduced fat milk (milk), potato, coriander, cumin, chilli flakes, lemon, salt, pepper, avocado, onion, cucumber	2155	513.0	43	29	0	23	11	5	425
Parmesan and Pesto Encrusted Fish with Mustard New Potatoes and Roasted Vine Tomatoes	Hake (fish), new potatoes, vine tomatoes, bread crumbs (wheat, gluten), Trufood mayonnaise (egg), parmesan (milk), basil pesto (milk, egg, tree nuts), olive oil, wholegrain mustard, salt, pepper	1563	373.9	30.6	32.4	0	10.3	2.09	3.6	615
Zanzibar Fish Curry with Jasmine Rice	Hake (fish), tomato, reduced fat coconut milk, jasmine rice, onion, mangetout, red pepper, curry powder, olive oil, lemon juice, cumin, coriander, paprika, fresh ginger, salt, pepper, garlic	1620	387.6	29.6	45.4	0	8.3	3.27	5.7	454