

## Code 128 - Salmon in Dill Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **7½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Heat on FULL POWER for **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Heat on FULL POWER for **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 129 - Battered Cod Fillet & Chips

For best results cook in the OVEN from frozen.  
Appliances may vary, the following is a guide only.

**NOT SUITABLE FOR MICROWAVE COOKING**

### OVEN

### Cooking Instructions

- 
- Pre-heat oven to **200°C/400°F, Gas Mark 6.**
- Remove sleeve and lid.
- Remove the cod from the tray, place on baking tray and cook for **5 minutes.**
- Remove baking tray from oven and add chips and cook for a further **20-25 minutes.**



**Please ensure this meal is piping hot throughout before serving.  
Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 145 - Smoked Haddock & Vegetable Bake

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Peel back film lid, gently stir and then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir and then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 146 - Salmon in a Creamy White Wine Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **7 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **6 minutes**.
  - Leave to stand in microwave for **1 minute**.
  - Remove film lid, gently stir and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **6 minutes**.
  - Leave to stand in microwave for **1 minute**.
  - Remove film lid, gently stir and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 149 - Salmon & Asparagus

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid, gently stir and serve.

- 800 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid, gently stir and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 240 - Cod, Chips & Peas

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **4 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in centre of the oven for **30-35 minutes** (fan ovens may vary), shaking occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 243 - Breaded Scampi & Chips

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### NOT SUITABLE FOR MICROWAVE COOKING

#### OVEN

#### Cooking Instructions

- Pre-heat oven to **220°C/450°F, Gas Mark 7.**
- Remove sleeve and lid, place on baking tray.
- Cook in the centre of the oven for **20-25 minutes** (fan ovens may vary), turning halfway through.
- Remove foil from oven and serve.
- Not suitable for microwave cooking.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 306 - Fish Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Heat on FULL POWER for a further **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 800 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Heat on FULL POWER for a further **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- Remove film lid **10 minutes** before the end of cooking time.
- Serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 324 - Fish in Parsley Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **7 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid, gently stir and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid, gently stir and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 326 - Fish in Butter Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **7 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid gently stir and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid gently stir and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 327 - Cod & Prawn Bake

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
  - Leave to stand in microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

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All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 328 - Salmon in Watercress Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **7 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

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All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 329 - Salmon & Broccoli Bake

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 331 - Smoked Salmon & Asparagus Gratin

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **10 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **9 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Remove film lid **10 minutes** before the end of the cooking time.
- Serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

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## Code 356 - Kedgeree

For best results DEFROST before cooking.  
Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 800 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for a further **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.  
Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 357 - Seafood Paella

For best results DEFROST before cooking.  
Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 800 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for a further **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.  
Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 372 - Seafood Spaghetti

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for a further **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 800 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for a further **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 382 - Fish in Creamy Sauce with Puff Pastry

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Gently shake the pack then heat on FULL POWER for a further **5½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Gently shake the pack then heat on FULL POWER for a further **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 460 - Diced Salmon in White Wine Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in microwave for **1 minute**.
  - Remove film lid, gently stir and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **4 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **4 minutes**.
  - Leave to stand in microwave for **1 minute**.
  - Remove film lid, gently stir and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 901 - Atlantic Cod Fishcakes with Pea Purée

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5½ minutes**.
  - Peel back film lid, gently stir and turn fishcakes then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **4 minutes**.
  - Peel back film lid, gently stir and turn fishcakes then re-cover and heat on FULL POWER for **4 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary), turning fishcakes occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code **902** - **Smoked Haddock Loin in Cheddar & Leek Sauce**

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on **FULL POWER** for **7½ minutes**.
  - Gently shake pack and heat on **FULL POWER** for a further **7½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on **FULL POWER** for **6 minutes**.
  - Gently shake pack and heat on **FULL POWER** for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **45-50 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code **904** - **Scottish Salmon & Haddock Mornay**

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on **FULL POWER** for **7 minutes**.
  - Gently shake pack and heat on **FULL POWER** for a further **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on **FULL POWER** for **5 minutes**.
  - Gently shake pack and heat on **FULL POWER** for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

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## Code 905 - Smoked Haddock Florentine

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **4½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Gently shake pack and heat on FULL POWER for a further **4½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **45-50 minutes** (fan ovens may vary), shaking occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 906 - Ocean Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Heat on FULL POWER for a further **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **50-55 minutes** (fan ovens may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 915 - Sole Fillet Rolled with Smoked Haddock

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **7 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **6½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **6 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **45-50 minutes** (fan ovens may vary), shaking occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 916 - Salmon & Prawn Tagliatelle

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5½ minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve. .

- 900 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **3½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## Code 925 - Salmon & Cod Fishcakes & Chips

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### NOT SUITABLE FOR MICROWAVE COOKING

#### OVEN

#### Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6.**
- Remove sleeve and cardboard lid, place foil tray onto baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

**Code 937 - Mackerel Fillets with Oat Crumb & Horseradish Mash**

For best results cook from frozen.

Appliances may vary, the following is a guide only.

**NOT SUITABLE FOR MICROWAVE COOKING**

**OVEN**

**Cooking Instructions**

- Pre-heat oven to **200°C/400°F, Gas Mark 6.**
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.