

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.

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 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.

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 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.

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 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 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.

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 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 914 - Salmon with a Honey & Parsnip Crust

For best results cook in 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, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 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 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.