

GRAB and GO

Fish in a Ship

Whitefish Bake served in a sub with coleslaw and mixed salad

Ingredients

600g	10 x 60g MSC Whitefish Bake (GG code 7167)
560g	10 sub rolls

Coleslaw

250g	(½ medium)	white cabbage, finely sliced
60g	(1 medium)	carrot, grated
125g	(1 medium)	red apple, grated
5ml	(1 tsp)	lemon juice
20g		sultanas
125g		low fat yoghurt

200g		mixed lettuce leaves
170g	(2 medium)	tomatoes, chopped
300g	(1 medium)	cucumber, chopped

Method

1. Place the frozen **MSC Whitefish Bake** on an oiled baking tray and bake for 20-30 minutes at Gas 6/200°C/400°F (less for convection ovens).
2. Make the coleslaw by mixing all ingredients together.
3. Cut the sub rolls horizontally, fill with salad leaves, tomatoes and cucumber.
4. Add the cooked **MSC Whitefish Bake** and top with coleslaw.

Serving instructions

Could be served as a main meal with couscous and a Mediterranean vegetable mix.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
128.9	2.2	0.5	20.7	1.5	2.7
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
6.7	3.3	2.5	77.9	59.3	6.0
Folate (µg)	Sodium (mg)	makes 10 x 225g portions			
20.0	184.4				

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