

COMPLETE MEAL

Haddock and Waldorf Salad

Haddock Bake served with a jacket potato and Waldorf salad (no walnuts) and pumpkin seeds

Ingredients

600g	10 x 60g Haddock Bake (GG code 7183)
1180g (10 medium)	baking potatoes
100g (2 sticks)	celery, diced
125g (1 medium)	apple, diced
20g	sultanas
10g	pumpkin seeds
125ml	low fat mayonnaise
5g (1 tsp)	lemon juice

Method

1. Wash and score the potatoes and bake in oven at Gas 6/200°C/400°F for approx 80 minutes.
2. Place the frozen **Haddock Bake** on an oiled baking tray and bake for 20-30 minutes at Gas 6/200°C/400°F (less for convection ovens).
3. Mix the celery, apple, sultanas and pumpkin seeds with the mayonnaise and lemon juice.
4. Serve the **Haddock Bake** with baked potato and salad.

Serving instructions

This would also be delicious with a crusty granary roll.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
148.4	5.4	1.3	19.6	0.9	2.1
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
5.2	3.5	2.7	24.3	1.3	8.7
Folate (µg)	Sodium (mg)	makes 10 x 209g portions			
29.4	183.3				

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