

GRAB and GO

Haddock in a Pocket

Haddock Bake served in a pitta with chopped cucumber, red onion and tomato with a minty yoghurt dressing

Ingredients

600g		10 x 60g Haddock Bake (GG code 7183)
600g		10 pitta breads
125ml		low fat yoghurt
14g	(2 tsp)	mint sauce
300g	(1 medium)	cucumber, diced
100g	(1 medium)	red onion, finely diced
170g	(2 medium)	tomatoes, finely chopped

Method

1. 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).
2. Place the pitta breads in a baking tray with a lid and place in the oven to warm.
3. Remove pitta breads from oven and split horizontally to form a pocket.
4. Mix the low fat yoghurt with the mint sauce.
5. Portion the salad into the pitta breads, place the **Haddock Bake** on top, and top with mint dressing.

Serving instructions

Could also be served with spicy potato wedges and a Greek salad as a main meal.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
153.4	2.5	0.3	24.0	1.0	2.5
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
8.3	4.3	3.1	81.3	11.0	2.2
Folate (µg)	Sodium (mg)	makes 10 x 183g portions			
16.0	221.0				

For up to the minute information on our ever growing range of healthy, tasty products contact Green Gourmet Ltd

Fromehall Mill, Lodgemore Lane, Stroud, Gloucestershire, GL5 3EH

t: 01453 766677 f: 01453 758405 e: info@greengourmet.co.uk