

## GRAB and GO

### Haddock Sandwich

*Haddock Bake served in a crusty granary baguette with apple, sultana and carrot salad*

#### Ingredients

600g	10 x 60g <b>Haddock Bake</b> (GG code 7183)
560g	10 granary baguettes
125g (1 medium)	apple, chopped
20g	sultanas
120g (1 large)	carrots, grated
125ml	low fat mayonnaise

#### 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. Slice the granary baguettes horizontally.
3. Mix the salad ingredients with mayonnaise.
4. Place the cooked **Haddock Bake** into the granary baguette and top with salad.

#### Serving instructions

Could also 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)
<b>201.7</b>	<b>5.8</b>	<b>1.0</b>	<b>28.4</b>	<b>1.3</b>	<b>2.3</b>
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
<b>9.6</b>	<b>5.2</b>	<b>3.9</b>	<b>105.2</b>	<b>121.2</b>	<b>0.9</b>
Folate (µg)	Sodium (mg)	<b>makes 10 x 145g portions</b>			
<b>36.3</b>	<b>398.6</b>				

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