



## **Country Range Farmed Atlantic Salmon Portions 10 x 170 - 200 g**

### **Ingredients & Allergens**

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**Country of Origin:** Poland

**Ingredients:** Farmed Atlantic Salmon (*Salmo Salar*) (FISH), Water, Salt.

## Nutrition - Typical per 100g

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Energy	977 / 235
Fat	18.1
Saturates	2.5
Carbohydrates	0.5
Sugars	0.5
Fibre	0.2
Protein	18.1
Salt	0.32

## Dietary

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### Suitability

Vegetarian	no
Vegan	no
Halal Diet	no
Kosher Diet	no

### Contains

Cereals	no
Gluten	-
Milk	no
Egg	no
Peanuts	no
Brazil Nut	no
Crustaceans	no
Mustard	no
Fish	yes
Lupin	no
Sesame	no
Celery	no
Soya	no
Molluscs	no
Sulphur Dioxide	no

## Handling & Cooking

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### Directions for Use

These instructions are guidelines only as cooking appliances vary. For the best results defrost overnight in a refrigerator before cooking. Grill - Remove all packaging. Place under preheated medium grill for 10 Minutes or until fully cooked. Oven Bake - Remove all packaging. Season fish, cover in foil then bake for 20 minutes at 200°C or until fully cooked. Microwave - remove all packaging and place product in a microwavable dish and cook for 6 - 7 minutes (Category B (650 W)), 4 - 5 minutes (Category D (750 W)), 2 - 3 minutes (Category E (850 W)) or until fully cooked. For higher powered appliances please adjust accordingly. Please allow to stand for 1 minute. Ensure salmon is piping hot and cooked throughout before serving.

### Storage Instructions

Store below -18°C, once defrosted do not refreeze, keep refrigerated and use within 24 hours.

## Packaging

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### Primary packaging type

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### Primary packaging dimensions

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### Inner Unit Length in ( mm )

0.0000

### Inner Unit Height in ( mm )

0.0000

### Inner Unit Width in ( mm )

0.0000

### Outer Unit Length in ( mm )

264.0000

### Outer Unit Height in ( mm )

86.0000

### Outer Unit Width in ( mm )

200.0000

### Disclaimer:

Disclaimer: All information is subject to change without notice. Our product details, including but not limited to, product names, descriptions, specifications and images, is not intended to constitute the full legal description of the products, and does not necessarily include all information. Country Range may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging.