



Fish Pie, Potato Mash Topping - NEW

Flaky white fish baked in a creamy, savoury sauce and topped with a layer of smooth mashed potatoes. Complemented by mushy peas and carrots.



Ingredients

Fish Pie (75%) (Fish Pie Filling (30%) (Fish (30%) (Salt, Water, Sodium Triphosphate (451)), Salt), Potato Mash (27%) (Potato (18%) (Sulphites) (Preservative (220)), Water, Skim Milk Powder (Milk Solids), Tapioca Starch, Low Sodium Salt (Potassium Chloride), Salt, Pepper), Sauce (18%) (Water, Modified Starch (1422), Cream (Milk), White Wine (Sulphites), Butter (Milk), Milk Powder (Milk Solids), Lemon Juice (Preservative (222) (Sulphites), Antioxidant (300)), Vegetable Protein Extract (Soy, Maltodextrin (Corn)), Salt, Dried Chives, Dried Parsley, Cayenne Pepper)), Carrot (15%), Mushy Peas (10%) (Peas (9%), Water, Bchamel Sauce (Milk Powder, Butter (Milk), Cream (Milk), Tapioca Starch, Modified Corn Starch (1420), Salt, Vegetable Gum (Xanthan Gum)), Vegetable Flavour Blend, Salt, Sugar, Modified Starch (1422)).

CONTAINS FISH, MILK, SOY, SULPHITES. MAY CONTAIN EGG.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1500kj (360Cal)	375kJ (90Cal)
Protein:	30.1g	7.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	11.7g	2.9g
--Saturated:	7.6g	1.9g
Carbohydrates:	32.2g	8.1g
--Sugars:	11.8g	3g
Dietary Fibre:	5.5g	1.4g
Sodium:	852mg	213mg
Potassium:	1216mg	304mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.