

**SMOKED MACKEREL & NEW POTATO SALAD WITH
BEETROOT DRESSING**

Ingredients : Smoked mackerel [FISH] (Mackerel (98%) [FISH],Salt) ,
Small new potatoes , Beetroot cooked , Greek yoghurt [MILK] (Skimmed
Milk [MILK],Fresh pasteurised cream Fortified with milk solids [MILK],Live
bio cultures) , Sour cream [MILK] (Skimmed Milk [MILK],Cream[MILK]
[MILK],Starter Culture) , Red onion , Beetroot juice (Beetroot Juice,Apple
Juice) , Lettuce , Micro watercress , White wine vinegar [SULPHITES]
(White Wine Vinegar,Preservative: Potassium Metabisulphite
[SULPHITES]) , Fresh raspberries , Balsamic vinegar [SULPHITES]
(Wine,Water,Antioxidant:: Sulphites [SULPHITES],Concentrated Grape
Must) , Horseradish , Olive oil , Salt , Caster sugar , Caraway seed , Red
amaranth , Peppercorns , Xanthum gum

Not suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	402	230
Energy (KCal)	102	59
Fat (g)	4	3
of which Saturates (g)	2	1
Carbohydrate (g)	13	7
of which Sugars (g)	5	3
Protein (g)	2.44	1.40
Salt (g)	0.87	0.50
Fibre (g)	1.66	0.95

Total Weight : 175 ge