

Confit Of Tasmanian Salmon With Ancient Grain Salad

NUTRITION INFORMATION

Servings per package: 1

Serving size: 292g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	3730kJ (891Cal)	1280kJ (305Cal)
PROTEIN	32.3g	11.1g
FAT, TOTAL	69.7g	23.9g
- SATURATED	15.8g	5.4g
CARBOHYDRATE	24.4g	8.4g
- SUGARS	4.6g	1.6g
SODIUM	512mg	175mg

Ingredients: Salmon, Olive Oil, Natural Greek Yoghurt, Dukkah (Sesame Seeds, Macadamia Nuts, Coriander, Chilli, Salt), Thyme, Valencia Orange, Lemon, Brown Rice, Wild Rice, Cucumber, Lime, Walnut, Green Beans, Red Quinoa, White Quinoa, Red Onion, Radish, Lemon Juice, Mint Leaves, Fennel Seed, Garlic, Parsley, Sea Salt, Rice Bran Oil, Za'atar Spice, Honey, Salt, Tabasco Sauce.

Contains Fish, Milk, Tree Nuts, Sesame Seeds.