

Pollock and Harissa Fishcakes & Moroccan Tabbouleh

Ingredients

Product	Quantity
Pollock and Harissa Sauce Fishcakes 24 x 90g	90.00 g
Daylesford Organic Bulgar Wheat 500g	70.00 g
KNORR Stock Cubes Chicken 12's	1.00 g
Whole peeled red onions x 2.5kg	1.00 g
Parsley 110g	20.00 g
Roots & Wings Organic Peppermint Autumn Leaves 120g	5.00 g
Whole Coriander	15.00 g
Fresh & Naked Wild Rocket Natural Leaves 60g	10.00 g
Mr Organic Italian Organic Chopped Tomatoes 4 x 400g	2.00 g
Mr Hanley's Lemon Juice 250ml	1.50 g
Daylesford Organic Chickpeas 500g	400.00 g
Melis Roasted Red Peppers 1650g	300.00 g
Humza Premium Food Products Peeled Garlic Cloves 400g	2.00 g
Liá Extra Virgin Olive Oil 500ml	4.00 g

Serves: 4

Allergy Information

Key: Contains May Contain



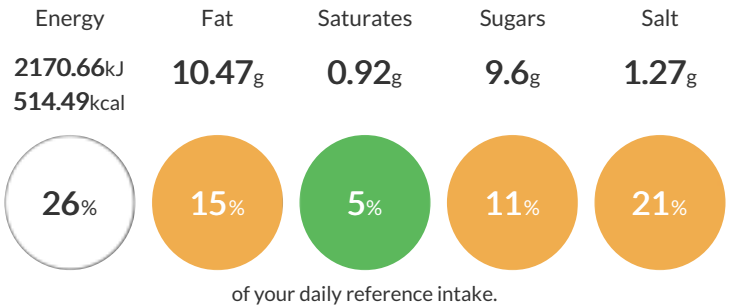
Dietary Information

Key: Suitable for



Reference Intake

Each serving contains:



Nutritional Summary

Energy	2170.66kJ 514.49kCal
Protein	27.77g
Carbohydrates	70.67g
of which sugars	9.6g
Non Milk Extrinsic Sugars	0g
Fat	10.47g
of which saturates	0.92g
Fibre	15.55g
Salt	1.27g
Sodium	0.04g
Iron	0mg
Calcium	0.06mg
Zinc	0mg
Folate	0.04µg
Vitamin A	0.03µg
Vitamin C	0.01mg

Method & Recipe Notes

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