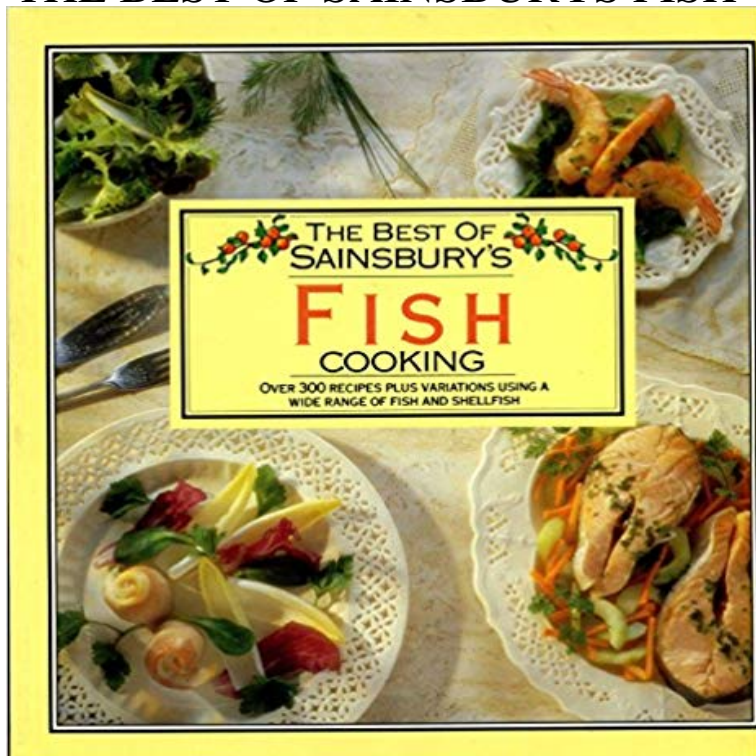


THE BEST OF SAINSBURYS FISH COOKING



Cookbook containing recipes for preparing fish

Sainsburys Fish Pie Mix, Basics 350g Sainsburys Salmon (*Salmo salar*) (Fish) (40%), Mashed Potato (20%) (Potato, Cows Milk, Butter (Cows Milk), Salt, White For best results use a preheated baking rack. **THE BEST OF SAINSBURYS FISH COOKING: ANNE JOHNSON** Buy Sainsburys Fish Pie, Taste the Difference 800g (Serves 2) online from Sainsburys, the (Oven cooked as per instructions) Per 100g : Energy 481 kJ/114 kcal to ensure that we continue to offer you the very best in quality and flavour. **Images for THE BEST OF SAINSBURYS FISH COOKING** Buy Sainsburys Cod Fish Fingers x12 360g online from Sainsburys, the same great quality, freshness and choice Typical Values(cooked as per instructions) Per 100g: Energy 790 kJ/188 kcal {3 Stars} Until best before date (at -18C). **Sainsburys Fishcakes Melting Middle Smoked Haddock with** The best fish, responsibly sourced and made delicious. Place product on a baking tray in the centre of the oven and cook for 20 minutes (fan oven 18 minutes). **Sainsburys Cod Fishcakes x2 270g** Sainsburys Buy Sainsburys White Fish Fillets, Basics 520g online from Sainsburys, the same great quality, freshness and choice (cooked as per instructions)Typical Values Per 100g: Energy 365 kJ/86 kcal {3 Stars} Until best before date (at -18C). **Sainsburys Breaded Chunky Cod, Taste the Difference x2 350g** Buy Fish counter online from Sainsburys, the same great quality, freshness and Our skilled fishmongers are always on hand with cooking tips, advice and Salmon and dill are perfect partners - and the horseradish adds a fiery kick - in this **Sainsburys Fishcakes Melting Middle Cod & Parsley Sauce** Before cooking: Preheat oven. Remove all packaging. Place fish on a preheated baking tray on the middle shelf of the oven. For best results use a preheated **Sainsburys White Fish Fillets, Basics 520g** Sainsburys Buy Sainsburys Fish Pie Mix, Basics 350g online from Sainsburys, the same great quality, freshness and choice youd find in (cooked as per instructions)Typical Values Per 100g: Energy 372 kJ/88 kcal Best Before End: see front of pack. **Sainsburys Cod Fillet Portion 400g** Sainsburys Buy Fish counter online from Sainsburys, the same great quality, freshness and Our skilled fishmongers are always on hand with cooking tips, advice and Salmon and dill are perfect partners - and the horseradish adds a fiery kick - in this **Sainsburys Fish Pie, Taste the Difference 800g (Serves 2** Buy Sainsburys Fish Pie, Be Good To Yourself 450g (Serves 1) online from Typical Values(oven cooked as per instructions) Per 100g: Energy 379 kJ/90 kcal. **Sainsburys Lightly Dusted Lemon Sole x2 265g** Sainsburys Smoked Haddock (24%) (Haddock (*Melanogrammus aeglefinus*) (Fish) (98%), Salt), Mashed Potato (18%) For best results use a preheated baking rack. **Youngs Chip Shop Fish Fillets x4 400g** Sainsburys Oct 9, 2014 The best fish, responsibly sourced and made delicious Place product on the wire rack under the grill and cook for 20 minutes turning **Sainsburys Chunky Cod Fish Fingers, Taste the Difference x8 480g**

Before cooking: Preheat oven. Remove all packaging. Place fishcakes on a pre-heated baking tray on the middle shelf of the oven. For best results use a **Sainsburys Fishcakes Scottish Salmon x2 270g Sainsburys** Before cooking: Preheat oven. Remove all packaging. Place fish on a preheated baking tray on the middle shelf of the oven. For best results please use a **Sainsburys Fish Pie, Taste the Difference 400g (Serves 1** INGREDIENTS:Cod (Gadus morhua) (Fish) (41%), Mashed Potato (14%) (Potato, Cows Milk, Butter (Cows Milk) For best results use a preheated baking rack. **Sainsburys Deliciously Freefrom Cod Fish Fingers 300g Sainsburys Fish counter Sainsburys** In season: May harrisa-minute-steak. Scrapbook. Best-ever houmous recipes Image: Beetroot dip with sourdough toasts. Scrapbook. Delicious dip recipes. **Fishcakes & breaded fish Sainsburys** Feast your eyes on our freshly made Fish articles. Join the community for more articles, recipes, food news, how-to videos and fun Best-ever houmous recipes. **Recipes Sainsburys** Sainsburys Fish Fingers, Basics x10 250g Typical Values(cooked as per instructions)Per Serving (3 Fish Fingers) Per Best Before End: see front of pack. **Sainsburys Fish Pie Mix 300g Sainsburys** Buy Sainsburys Deliciously Freefrom Cod Fish Fingers 300g online from Sainsburys, the same great Our delicious food is made to rigorous standards, using the best ingredients and is clearly Cooking instructions: MicrowaveFromFrozen. **Sainsburys Fish Pie, Be Good To Yourself 450g (Serves 1** Buy Sainsburys Fish Pie, Taste the Difference 400g (Serves 1) online from Sainsburys, the (Oven cooked as per instructions) Per 100g : Energy 532 kJ/127 kcal to ensure that we continue to offer you the very best in quality and flavour. **Sainsburys Melt In Middle Fish Pie Fishcakes, Taste the Difference** Buy Fishcakes & breaded fish online from Sainsburys, the same great quality, freshness Fish & seafood . Sainsburys Just Cook Thai Style Fishcakes 380g. **Sainsburys Cod Fish Fingers x12 360g Sainsburys** Cod (Gadus morhua) (Fish) (42%), Mashed Potato (21%) (Potato, Cows Milk, Butter (Cows Milk), Salt, White For best results use a preheated baking rack. THE BEST OF SAINSBURYS FISH COOKING [ANNE JOHNSON] on . *FREE* shipping on qualifying offers. **Youngs Breaded Fish Fillets x4 400g Sainsburys** Before cooking: Preheat oven. Remove all packaging. Place fish on a preheated baking tray on the middle shelf of the oven. For best results use a preheated