

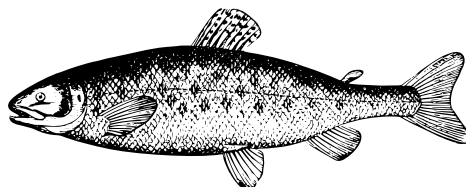
To Thaw: Move me to your refrigerator for 8 hours. You can leave me in my bag - I'm comfy in here.

Need me now?

Quick thaw: Run me under cool water for 10-20 minutes. I warm up very quickly - just another reason why I'll soon be your go to dinner protein!

To Prep: Firmly mold me in your hands to form a dome patty or split me in half and serve me as an appetizer.

Warning: Salmon once told me I'd make a good cake - you'll soon be glad I took the bait!



SALMON CAKE

5.5 OZ. DINNER PORTIONS

ATLANTIC SALMON
ALLERGENS:
EGG, FISH (SALMON,
ANCHOVIES) WHEAT

Pan Fry Me: Gently place me in a hot lightly oiled pan. After 2 minutes begin to gradually press me down until I'm a flat cake - about 1 inch thick. Flip me once I'm crispy brown. Repeat.

Bake Me: Preheat oven to 400 degrees and place me on a lightly oiled baking sheet. Bake for 8 minutes per side.

Multitalented Me: Serve me over a spicy slaw or bed of super greens for a complete meal or split me in two and serve me as an appetizer.

KEEP FROZEN

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