

Quick salmon paté : starter / Tesco.

Contributors

Tesco (Firm)

Publication/Creation

[Cheshunt] : Tesco, 1994.

Persistent URL

<https://wellcomecollection.org/works/k2huf32b>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

NAME

ADDRESS

POST CODE

We may from time to time
send you offers for goods or
services from our company
which we think may be of
interest. If you do not wish
to receive such information,
please tick here. ☐

8-8-94: SOL & GFC



RECIPE
COLLECTION

from
TESCO

QUICK SALMON PATÉ



STARTER

TESCO

**QUICK
SALMON
PATÉ**

SERVES 6

INGREDIENTS

418g can Tesco Red Salmon, drained
6 x 15ml sp (6 tbsp) Tesco Low Fat Mayonnaise
150ml (1/4pt) Tesco Fromage Frais
Salt and Ground Black Pepper
1 x 15ml sp (1 tbsp) freshly chopped Dill or
1 x 15ml sp (1 tbsp) of Dried Dill Weed
6 Lemon slices
6 sprigs of Dill

METHOD

- 1 Remove any large bones from the salmon. Place the salmon into a large bowl and flake into small pieces.
- 2 Add the mayonnaise, fromage frais, salt, pepper and chopped dill. Beat together until the mixture is fairly smooth.
- 3 Divide between 6 small ramekin dishes. Chill for 1 hour before garnishing with a lemon twist and a sprig of dill.

NUTRITION INFORMATION PER SERVING

Energy	Fat	Protein	Carbohydrate	Fibre
162Calories (kcal)	10g	16g	2g	0g

All lines subject to availability at Tesco

SERVING SUGGESTION

Serve with warm toast triangles made from Tesco Malted Granary Bread

FREE
at
TESCO

This is another recipe card in a new series of collectable cards for you to keep.



To help you collect your cards and keep them clean and tidy Tesco is giving away collecting folders (whilst stocks last.)

To receive your folder simply tear off this coupon, fill in your name and address and send it with a large stamped addressed envelope to:

Tesco Recipe Folder Offer
P O Box 355
Bushey
Watford
WD2 2NA

One folder per coupon.
Offer ends 31st August 1994.