# Selfish – Norwegian Salmon Fillet with Herb Butter

Product name:  
Selfish – Norwegian Salmon Fillet with Herb Butter  
Boneless

Front side:  
(no major modifications required)

## Back side:

Ingredients: Norwegian salmon fillet, herb butter preparation (butter, vegetable oil, salt, pepper, thyme, basil, oregano, paprika), spice extracts. Farmed Salmo salar.

Country of origin: Norway, FAO27

Usage instructions:  
After opening, season with salt to taste, then place in a hot frying pan or on a grill rack and cook each side for 2–3 minutes without adding extra fat.  
  
Without opening the package, place in the microwave oven: 600 W for 1 min 20 sec, 800 W for 1 min 10 sec, 1000 W for 1 min. Season with salt to taste before consumption.

## Nutritional values per 100 g product:

Energy: 1019 kJ / 243 kcal  
Fat: 16.8 g  
– of which saturates: 5.5 g  
Carbohydrate: 0.17 g  
– of which sugars: 0.1 g  
Protein: 20.07 g  
Salt: 0.11 g