

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED
PLEASE REMOVE STICKER BEFORE HEATING



freshchef

Snap Frozen at the Peak of Freshness



BRAISED BEEF CHEEK

SLOW BRAISED BEEF CHEEK, KUMARA MASH, GREENS, GRAVY



Grass Fed Beef



No added Gluten

400g

COOKING INSTRUCTIONS FROM FROZEN

OVEN

- 1 Preheat Oven to 180°C
- 2 Remove Plastic film, place container in oven for 20-25 mins.
- 3 Heating Instructions are guidelines only

MICROWAVE

- 1 Pierce the bag evenly across the tray
- 2 Heat on high for 4.5 minutes then rest for 2 minutes, Continue cooking for a further 1 minute
- 3 Check meal is hot and cooked evenly or continue further cooking to desired temperature

STORAGE INSTRUCTIONS

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 3 days.

INGREDIENTS

Beef Cheek (30%), Beef Gravy (25%) [Modified Starch (1422), Rice Flour, Flavour Enhancers (621,635), Onion, Tomato, Celery, Sugar, **Soy** Sauce, Food Acid (330)]. Kumara mash (50%)[Kumara, Unsalted Butter(5%) (Pasteurised Cream, **Milk** Fat 80%),salt]. Green beans, Broccoli (20%).

Contains: Milk, Soy,

Maybe present in production kitchen: Peanuts, Mustard, Egg, Wheat (Gluten), Tree Nuts, Fish, Sesame Shellfish (Crustacea & Molluscs), Lupen.

NUTRITION INFO

SERVINGS PER PACKAGE: 1
SERVING SIZE: 400G

AVERAGE QUANTITY	PER SERVING	PER 100G
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ENERGY	1540kj	385kj
CALORIES	367cals	92cals
PROTEIN	35g	9g
FAT, TOTAL	26g	7g
-SATURATED	3g	1g
CARBS	21g	5g
- SUGAR	8g	2g
SODIUM	356mg	89mg

See FRESHCHEF.NZ for gluten and allergy info.