

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED  
PLEASE REMOVE STICKER BEFORE HEATING



# freshchef

Snap Frozen at the Peak of Freshness



## BEEF COTTAGE PIE

### RICH BEEF MINCE, TOPPED WITH KUMARA MASH AND CHEDDER CHEESE



No added Gluten



Grassfed Beef

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 Mince (40%), Crushed Tomatoes, Beef Gravy (25%) [Modified Starch (1422), Rice Flour, Flavour Enhancers (621,635), Onion, Tomato, Celery, Sugar, **Soy** Sauce, Food Acid (330)], Peas, Carrots, Corn, (**Soy** Sauce (25%)[Vegetable Protein Extract (**Soy**/Maize), Molasses, Acidity Regulator (270), Coriander (5%), Red Wine, Canola Oil, Garlic, Gravy Browning, Acidity Regulator (260), Herbs, spices), Kumara(50%), Unsalted Butter(5%) (Pasteurised Cream, **Milk** Fat 80%), Cheddar Cheese (5%) [Pasteurised **Milk**, Salt, Cultures]].

Contains: **Milk, Soy.**

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

#### NUTRITION INFO

SERVINGS PER PACKAGE: 1  
SERVING SIZE: 400G

AVERAGE QUANTITY	PER SERVING	PER 100G
ENERGY	1928kj	482kj
CALORIES	452cals	113cals
PROTEIN	39g	10g
FAT, TOTAL	16g	4g
-SATURATED	6g	1g
CARBS	38g	10g
- SUGAR	26g	7g
SODIUM	999mg	250mg

See FRESHCHEF.NZ for gluten and allergy info.