

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED
PLEASE REMOVE STICKER BEFORE HEATING



freshchef

Snap Frozen at the Peak of Freshness



BEEF LASAGNE

HOMEMADE STYLE LASAGNE, CHEESY BECHAMEL SAUCE, TOMATOE RELISH



Home Made



100% NZ 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%), 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) Soy Chilli Sauce (70%), Acetic Acid (1%), Flavour Enhancers (INS 621) 0.2%), (Soy Sauce (25%)[Vegetable Protein Extract (Soy/Maize)(31.5%), Molasses, Acidity Regulator (270),Coriander (5%), Cheese Sauce (40%) (Fresh Milk (70%), Flour (15%) Wheat Flour, Unsalted Butter (15%) (Pasteurised Cream, Milk Fat 80%), Pasta (15%, Eggs), Cheddar Cheese (5%) Pasteurised Milk, Cultures, Enzyme (Non Animal Rennet), Anticaking Agent (460), Preservative (200), Tomato Relish (5%) (Sugar, Modified Maize Starch (1422), Acidity Regulator (260)), Spinach.

Contains: Milk, Soy, Wheat, Eggs

Maybe present in production kitchen:
Peanuts, Mustard, 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	2303kj	576kj
CALORIES	548cals	137cals
PROTEIN	25g	6g
FAT, TOTAL	29g	7g
-SATURATED	14g	4g
CARBS	47g	12g
- SUGAR	4g	2g
SODIUM	456mg	114mg

See FRESHCHEF.NZ for gluten and allergy info.