

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED  
PLEASE REMOVE STICKER BEFORE HEATING



# freshchef

Snap Frozen at the Peak of Freshness



## GRILLED CHICKEN & MASH

### CREAMY MASH, SEASONAL GREENS AND BACON AND MUSHROOM SAUCE



Snap Frozen



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

Chicken Breast (30%), Bacon and Mushroom Sauce (32%) [Button Mushrooms (20%), Bacon (10%), Cream (Milk), Modified Starch (1422), Rice Flour, Salt, Flavour Enhancers (621,635), Vegetables (Onion, Tomato, Celery), Soy Sauce Powder, Spices, 80%), Garlic (9%), Canola Oil. Potatoe mash (50%)[Potatoes(95%), Unsalted Butter(5%) (Pasteurised Cream, Milk Fat 80%), Cream(Milk)]. Green beans (10%), Spinach (5%), Peas(5%).

Contains: Milk, Soy,

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

#### NUTRITION INFO

SERVINGS PER PACKAGE: 1  
SERVING SIZE: 400G

AVERAGE QUANTITY	PER SERVING	PER 100G
ENERGY	1722kj	492kj
CALORIES	410cals	103cals
PROTEIN	24g	6g
FAT, TOTAL	18g	5g
-SATURATED	2g	1g
CARBS	38g	10g
- SUGAR	2g	1g
SODIUM	722mg	181mg

See FRESHCHEF.NZ for gluten and allergy info.