

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED
PLEASE REMOVE STICKER BEFORE HEATING



freshchef

Snap Frozen at the Peak of Freshness



GRILLED CHICKEN PARMIGIANA

CAULIFLOWER RICE, RICH TOMATO AND HERB SAUCE, BROCCOLI, BACON AND CHEDDAR.



Keto Friendly



Low Carb

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 Thigh (25%), Cauliflower Rice (24%) [Cauliflower, Butter Unsalted Butter (Pasteurised Cream, Milk Fat 80%), Tomato Sauce(24%)[Crushed Tomatoes, (Tomato Puree, Salt, Citric Acid), herbs, onion, garlic], Bacon (6%), Pork (61%), Brine (Seasoning (Potato Starch, Soy Protein Isolate, Salt, Hydrolysed Vegetable Protein (Maize), Antioxidant (316), Preservative (250), Herb Extract)), Salt, Liquid Smoke. Cheese (5%) Pasteurised Milk, Salt, Cultures, Broccoli, Green Beans.

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	1915kj	479kj
CALORIES	456cals	114cals
PROTEIN	58g	15g
FAT, TOTAL	20g	5g
-SATURATED	5g	1g
CARBS	11g	3g
- SUGAR	4g	1g
SODIUM	637mg	159mg

See FRESHCHEF.NZ for gluten and allergy info.