

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED  
PLEASE REMOVE STICKER BEFORE HEATING



## BOBS SEAFOOD CHOWDER

### SECRET FAMILY RECIPE WITH AN ABUNDANCE OF SEAFOOD



Family Recipe



Snap Frozen

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

Chowder Sauce (60%), [Fresh Milk (70%), (Iodised Salt, Sugar, Corn Starch, Onion Powder, Yeast Extract, Flavour, Chicken Powder (0.5%), Flavour Enhancer (635), Turmeric, Red Chilli, Garlic, Flavour Enhancers (INS 621)), (Soy Sauce, Vegetable Protein Extract (Soy/Maize), Molasses, Flavours)], Unsalted Butter (Pasteurised Cream, Milk Fat 80%), Cream (Milk), Flour (Contains Wheat)], (Surimi (10%) Fish Surimi (51%)[Egg White Powder], Wheat Starch, Crab Flavour [Contains Crab Extract, Soy Sauce, Fish Protein, Flavour (627, 631)], Wheat Flour), Mussels (10%), Clams(5%), Prawns(5%) Crustaceans, Squid (5%), Herbs, Cream (Milk).

Contains: Milk, Soy, Wheat (Gluten), Shellfish, Crustacea, Fish.

Maybe present in production kitchen: Peanuts, Mustard, Egg, Tree Nuts, Sesame, Lupen.

#### NUTRITION INFO

SERVINGS PER PACKAGE: 1  
SERVING SIZE: 400G

AVERAGE QUANTITY	PER SERVING	PER 100G
ENERGY	2352kj	588kj
CALORIES	560cals	140cals
PROTEIN	29g	7g
FAT, TOTAL	40g	10g
-SATURATED	21g	5g
CARBS	19g	5g
- SUGAR	4g	1g
SODIUM	781mg	195mg

See FRESHCHEF.NZ for gluten and allergy info.