

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED



freshchef

Snap Frozen at the Peak of Freshness



CREAMY CHICKEN PASTA

FARFELLE PASTA, CHICKEN, BACON, MUSHROOM, PARMESAN, CREAM SAUCE



Snap Frozen



Premium Quality

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 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 (18%), Pasta Sauce (52%)[Cream(Milk)(80%), Sugar, Maize Starch, Onion Powder, Yeast Extract, Flavour Enhancer (635), Colour (150c), Pickled Red Chili, Vinegar, Stabiliser (Xanthan Gum), Bacon, Mushroom, Onion, Garlic, Spices.], Farfelle Pasta (26%)(Durham Wheat), Spinach(2%), Parmesan((2%)(Pasteurised Milk (97.4%), Salt, Cultures, Enzyme (Animal Rennet)).
Contains: Milk, Wheat (Gluten).

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

NUTRITION INFO

SERVINGS PER PACKAGE: 1
SERVING SIZE: 450G

AVERAGE QUANTITY	PER SERVING	PER 100G
ENERGY	3784kj	946kj
CALORIES	901cals	225cals
PROTEIN	41g	10g
FAT, TOTAL	57g	14g
-SATURATED	34g	8g
CARBS	55g	14g
- SUGAR	5g	1g
SODIUM	2160mg	540mg

See FRESHCHEF.NZ for gluten and allergy info.