

Meal Ingredients

A-Z in order of meal

ALLERGY & NUTRITIONAL INFORMATION DOCUMENT

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Our meals are made in a busy Restaurant Kitchen that makes all sorts of food for our local market.

With Fresh Chef we're really focused on flavour and nutrition from eating fresh-frozen, real, no-nasties food made in small batches by great chefs. Our meals are made in a busy Restaurant Kitchen that makes all sorts of food for our local market. Because of this, unfortunately our Fresh Chef Meals are not specifically designed for people with allergies. We are constantly reviewing this with every menu upgrade.

This document contains all of the nutritional information for the Fresh Chef Meals. They are in alphabetical order (A-Z). Scroll down to your desired meals.

Gluten Free & Celiac Information

Fresh Chef Frozen Meals are manufactured in the same facility as meals which contain Gluten, therefore we cannot guarantee the meals won't contain traces of Gluten. For this reason, we refrain from claiming that our meals are "gluten free", thus we strongly recommend that Celiacs avoid our meals. Our meals with no added Gluten are designed for the customer who wishes to avoid gluten for other purposes ~ outside of Celiac disease.

General Allergen Information

Meals are prepared in a Restaurant Kitchen that may contain traces of sulphites, cereals containing gluten (e.g. wheat), shellfish, eggs, fish, milk, peanuts, soybeans, sesame seeds, tree nuts and lupin.

Storage Instructions

Keep Frozen until ready to eat. Once defrosted keep refrigerated for upto 5 days

Heating Instructions

For best results (from frozen) use microwave. 1. Pearce bag and microwave on high for four mins. 2. Rest for two minutes to allow permeation 3. Microwave on high for further two mins. 4. Ensure meal is rested and cooked through. 5. Enjoy and serve.

Beef Cheek
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
46g	56g	35g
	Servings per package	1
	Serving size	500g
	Average Quantity per Serving	Average Quantity per 100g
Energy	2054kJ	411kJ
Calories	489cal	98cal
Protein	46g	9g
Fat, Total	35g	7g
-saturated	4g	1g
Carbohydrate	56g	11g
-sugars	10g	2g
Sodium	474mg	95mg

Ingredients

Beef Cheek (30%), Beef Marinade [Beef (90%), Beef Stock (Iodised Salt, Sugar, Corn Starch, Beef Fat (5%), Yeast Extract, **Soy** Sauce Powder (Derived from **Wheat**), Colour (150c), Hydrolysed Vegetable Protein, Flavour, Onion Powder, Flavour Enhancer (635), Spice, Food Acid (330), Herb, Red Wine, **Mustard**], Beef Gravy (32%) [Maltodextrin (from corn), Modified Starch (1422), Rice Flour, Iodised Salt, Modified Starch (1442), Flavour Enhancers (621,635), Beverage Whitener (Antioxidants (307b), Stabiliser (340, 451), Emulsifiers (471,481), Anti-Cake Agent (551) (Contains **Milk** and **Soy**)), Vegetables (Onion, Tomato, Celery), Vegetable Fat, Sugar Yeast Extract, **Soy** Sauce Powder (Derived from **Wheat**), Colours (150c, 160a), Vegetable Gums (412,415), Spice, Food Acid (330), 80%), Garlic (9%), Canola Oil. Kumara mash (50%)[Kumara(95%), Unsalted Butter(5%) (Pasteurised Cream, Milk Fat 80%),salt]. Green beans (20%).

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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 5 days.

See freshchef.nz for more details

Butter Chicken & Basmati Rice
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
34g	44g	26g
	Servings per package	1
	Serving size	450g
	Average Quantity per Serving	Average Quantity per 100g
Energy	2297kJ	511kJ
	547cal	122cal
Protein	34g	8g
Fat, Total	26g	6g
-saturated	10g	2g
Carbohydrate	44g	10g
-sugars	8g	2g
Sodium	839mg	186mg

Ingredients

Marinated Chicken Breast (20%) [Chicken Breast (80%), Yoghurt [**Milk solids**, Gelatine, Cultures], Red Food Colouring (Water, Food Colour(124), Food Acid(330), Preservatives(211, 202), Spices, Butter Chicken Sauce (42%) [Tomatoes, Unsalted Butter (Pasteurised Cream, **Milk Fat** 80%), Cream (**Milk**), Onion, Chicken Stock (Iodised Salt, Sugar, Corn Starch, Chicken Fat(3.5%), Onion Powder, Yeast Extract, Flavour, Chicken Powder (0.5%), Flavour Enhancer (635), Turmeric, Colour (150c)), Red Food Colouring (Water, Food Colour(124), Food Acid(330), Preservatives (211, 202)), Spices, Coriander] Basmati Rice (38%).

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May contain **Wheat, Gluten, Fish, Molluscs, Egg, Soy, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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Chicken Breast & Mash
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
24g	44g	17g
	Servings per package	1
	Serving size	500g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1756kJ	351kJ
	418cal	84cal
Protein	24g	5g
Fat, Total	17g	3g
-saturated	3g	1g
Carbohydrate	44g	9g
-sugars	2g	0g
Sodium	963mg	193mg

Ingredients

Chicken Breast (30%), Chicken Marinade [Chicken Breast (90%), Garlic, Rosemary, Salt, Spices], Bacon and Mushroom Sauce (32%) [Button Mushrooms (20%), Bacon (10%), Cream (**Milk**), Standardised **Milk** (Ultrafiltered **Milk**, Skim **Milk**, Cream), Vitamin (A, D), Maltodextrin (from corn), Modified Starch (1422), Rice Flour, Iodised Salt, Modified Starch (1442), Flavour Enhancers (621,635), Beverage Whitener (Antioxidants (307b), Stabiliser (340, 451), Emulsifiers (471,481), Anti-Cake Agent (551) (Contains **Milk** and **Soy**)), Vegetables (Onion, Tomato, Celery), Vegetable Fat, Sugar Yeast Extract, **Soy** Sauce Powder (Derived from **Wheat**), Colours (150c, 160a), Vegetable Gums (412,415), Spices, Food Acid (330, 80%), Garlic (9%), Canola Oil. Potatoe mash (50%)[Potatoes(95%), Unsalted Butter(5%) (Pasteurised Cream, **Milk** Fat 80%),salt, Cream (**Milk**)]. Green beans (10%), Spinach (5%), Peas(5%).

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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Creamy Penne Chicken Pasta
NUTRITIONAL INFORMATION

Typical Values

PROTEIN	CARBS	FAT
18g	79g	22g
	Servings per package	1
	Serving size	500g
	Average Quantity per Serving	Average Quantity per 100g
Energy	2562kJ	512kJ
Calories	610cal	122cal
Protein	18g	4g
Fat, Total	22g	4g
-saturated	9g	2g
Carbohydrate	79g	16g
-sugars	8g	2g
Sodium	700mg	140mg

Ingredients

Penne Pasta (30%), Flour, **Wheat** Flour, **Eggs**, Water, Salt), Chicken Breast (30%), Chicken Marinade [Chicken Breast (90%), Garlic, Rosemary, Salt, Spices], Bacon and Mushroom Sauce (32%) [Button Mushrooms (20%), Bacon (10%), Cream (**Milk**), Standardised **Milk** (Ultrafiltered **Milk**, Skim **Milk**, Cream), Vitamin (A, D), Maltodextrin (from corn), Modified Starch (1422), Rice Flour, Iodised Salt, Modified Starch (1442), Flavour Enhancers (621,635), Beverage Whitener (Antioxidants (307b), Stabiliser (340, 451), Emulsifiers (471,481), Anti-Cake Agent (551)(Contains **Milk** and **Soy**)), Vegetables (Onion, Tomato, Celery), Vegetable Fat, Sugar Yeast Extract, **Soy** Sauce Powder (Derived from **Wheat**), Colours (150c, 160a), Vegetable Gums (412,415), Spices, Food Acid (330), 80%), Garlic (9%), Canola Oil, Cheddar Cheese (8%) Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet), Anticaking Agent (460), Preservative (200). Spinach (2%).

Allergen Information

Our Meals are manufactured in the same facility as meals that do contain Gluten we cannot guarantee they don't have traces of Gluten in them, hence we don't claim they are Gluten free. It is strongly recommended Coeliacs avoid our meals. If you are just trying to avoid gluten/carbs for other reasons you are absolutely fine to consume.

May contain, Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans and Tree nuts from manufacturing

Storage

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Chickpea & Vegetable Curry
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
10g	38g	19g
	Servings per package	1
	Serving size	500g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1840kJ	368kJ
Calories	438cal	88cal
Protein	10g	2g
Fat, Total	19g	4g
-saturated	2g	0g
Carbohydrate	38g	8g
-sugars	16g	3g
Sodium	415mg	83mg

Ingredients

Curry Sauce (42%) [Tomatoes, Unsalted Butter (Pasteurised Cream, **Milk** Fat 80%), Cream (**Milk**), Onion, Vegetable Stock (Corn Starch, Sugar, Yeast Extract, Flavours (Celery), Herbs (6.5%), Vegetable Fat, Onion, Spices, Food Acid (Citric), Contains **Milk**, **Mustard**, Sulphites, Red Food Colouring (Water, Food Colour(124), Food Acid(330), Preservatives (211, 202)), Spices, Coriander] Basmati Rice (38%), Broccoli, Carrot, Onion, Courgette, Mixed Veggies.

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

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Creamy Seafood Chowder
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
39g	25g	31g
	Servings per package	1
	Serving size	500g
	Average Quantity per Serving	Average Quantity per 100g
Energy	2230kJ	446kJ
Calories	531cal	106cal
Protein	39g	8g
Fat, Total	31g	6g
-saturated	19g	4g
Carbohydrate	25g	5g
-sugars	5g	1g
Sodium	1041mg	208mg

Ingredients

Chowder Sauce (60%), [Fresh **Milk** (70%), Chicken Stock (Iodised Salt, Sugar, Corn Starch, Chicken Fat(3.5%), Onion Powder, Yeast Extract, Flavour, Chicken Powder (0.5%), Flavour Enhancer (635), Turmeric, Colour (150c)), Chilli Sauce [Water, Sugar, Red Chilli (11%), Garlic (4%), Modified Starch (3%), Acetic Acid (1%), Salt 0.8%, Flavour Enhancers (INS 621) 0.2%]], (**Soy** Sauce (25%)[Water, Vegetable Protein Extract (**Soy**/Maize) (31.5%), Molasses, Burnt Sugar, Acidity Regulator (270), Flavours, Salt]), Unsalted Butter (Pasteurised Cream, **Milk** Fat 80%), Cream (Milk), Flour (Contains **Wheat**), (Surimi (10%) **Fish** Surimi (51%)[Sugar, Egg White Powder, Emulsifier (450, 451)], Water, **Wheat** Starch, Tapioca Starch, Crab Flavour [Contains Crab Extract, **Soy** Sauce, **Fish** Protein, Flavour (627, 631)], Salt, **Wheat** Flour, Colour (120, 160c)), Mussels (10%), Clams(5%), Prawns(5%) **Crustaceans**, Squid (5%), Herbs, Cream (**Milk**).

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Fish & White Sauce With Kumara Mash

NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
25g	29g	5g
	Servings per package	1
	Serving size	500g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1172kJ	234kJ
Calories	279cal	56cal
Protein	25g	5g
Fat, Total	5g	1g
-saturated	2g	0g
Carbohydrate	29g	6g
-sugars	12g	2g
Sodium	60mg	12mg

Ingredients

Fish (30%), Fish Marinade [**Fish** (90%), Unsalted Butter (Pasteurised Cream, **Milk** Fat 80%), Spices], **Fish** Sauce (10%), Cream(**Milk**)(80%), (Chilli Sauce (5%) [Water, Sugar, Red Chilli (11%), Garlic (4%), Modified Starch (3%), Acetic Acid (1%), Salt 0.8%, Flavour Enhancers (INS 621 0.2%)], (**Soy** Sauce (25%)[Water, Vegetable Protein Extract (**Soy**/Maize) (31.5%), Molasses, Burnt Sugar, Acidity Regulator (270), Flavours, Salt]), Coriander (1%), Capsicums (2%), Brown Onions (1%), Garlic (1%), Maize Corn Flour] Kumara mash (50%)[Kumara(95%), Unsalted Butter(5%) (Pasteurised Cream, **Milk** Fat 80%),salt]. Green beans (10%), Spinach (5%), Peas (5%).

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Glazed Ham & Vegetables
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
23g	52g	19g
	Servings per package	1
	Serving size	500g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1949kJ	390kJ
Calories	464cal	93cal
Protein	23g	5g
Fat, Total	19g	4g
-saturated	3g	1g
Carbohydrate	52g	10g
-sugars	31g	6g
Sodium	2130mg	426mg

Ingredients

Ham (25%)[Pork (81%), Water, Salt, Dextrose, Sugar, Thickeners (1412, 407a, 415), Starch (Potatoe, Tapioca), Mineral salts (451, 450, 452, 500), Antioxidant (316), Preservatives (250), Yeast Extract. Tuscan Potatoes (10%) [Potatoes (98%), Tuscan Seasoning (2%) Salt, Sugar, Garlic (contains **Sulphites**), Pepper, Rosemary, Parsley, Vegetable Oil, Pumpkin (10%), Carrot (10%), Peas (3%), Kumara (5%), Garlic Butter (1%) [unsalted butter (90%) (Pasteurised Cream, **Milk** Fat 80%), Garlic (9%), Canola Oil, Honey **Mustard** Sauce (2%)[Water, Vegetable Oil, (Contains Antioxidants (Butylated Hydroxyanisole)), Honey (9%), Sugar, Glucose Syrup, **Mustard** Seed 4%, **Egg** Yolk, Food Acids (Acetic, Citric), Salt, Thickeners (Modified Cornstarch, Xanthan Gum(Contains **Soy**)), Whey Protein (Contains **Milk**), Turmeric, Color (Caramel (150c)), Marjoram, Thyme, Garlic Extract, Spice Extract], **Soy** Chilli Sauce (1%) (Chilli Sauce (70%) [Water, Sugar, Red Chilli (11%), Garlic (4%), Modified Starch (3%), Acetic Acid (1%), Salt 0.8%, Flavour Enhancers (INS 621) 0.2%]), (**Soy** Sauce (25%)[Water, Vegetable Protein Extract (**Soy**/Maize)(31.5%), Molasses, Burnt Sugar, Acidity Regulator (270), Flavours, Salt]).

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Sausages & Mash

NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
22g	34g	32g
	Servings per package	1
	Serving size	500g
	Average Quantity per Serving	Average Quantity per 100g
Energy	2113kJ	423kJ
Calories	503cal	101cal
Protien	22g	4g
Fat, Total	32g	6g
-saturated	13g	3g
Carbohydrate	34g	7g
-sugars	1g	0g
Sodium	550mg	110mg

Ingredients

Pork Sausages (30%) Pork sausages [Pork (85%), Water, Maize Cornflour, Salt, Sugar, Mineral Salts (451, 450), Dehydrated Vegetables (Garlic, Onion), Fibre, Preservatives (223), Herb, Herb Extract, Yeast Extract, Antioxidant (316), Spice Extract, Natural Hog Casing], Mashed Potatoes (30%) [Potatoes (90%), Unsalted Butter(5%) (Pasteurised Cream, **Milk** Fat 80%), Beef Gravy (25%) [Maltodextrin (from corn), Modified Starch (1422), Rice Flour, Iodised Salt, Modified Starch (1442), Flavour Enhancers (621,635), Beverage Whitener (Antioxidants (307b), Stabiliser (340, 451), Emulsifiers (471,481), Anti-Cake Agent (551)(Contains **Milk** and **Soy**)), Vegetables (Onion, Tomato, Celery), Vegetable Fat, Sugar Yeast Extract, **Soy** Sauce Powder (Derived from **Wheat**), Colours (150c, 160a), Vegetable Gums (412,415), Spice, Food Acid (330)], Onion Jam (7.55)[Onions (76%), Sugar, Red wine Vineger, Olive Oil, Peas (7.5%).

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Lasagne
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
33g	63g	38g
	Servings per package	1
	Serving size	500g
	Average Quantity per Serving	Average Quantity per 100g
Energy	3070kJ	614kJ
Calories	731cal	146cal
Protien	33g	7g
Fat, Total	38g	8g
-saturated	19g	4g
Carbohydrate	63g	13g
-sugars	12g	2g
Sodium	5mg	1mg

Ingredients

Beef Mince (40%), Beef Mince Mix [Beef Mince 70%, Crushed Tomatoes ((20%), Tomatoes, Tomato Puree, Salt, Food Acid (Citric Acid)), Beef Gravy ((5%), Maltodextrin (from corn), Modified Starch (1422), Rice Flour, Iodised Salt, Modified Starch (1442), Flavour Enhancers (621,635), Beverage Whitener (Antioxidants (307b), Stabiliser (340, 451), Emulsifiers (471,481), Anti-Cake Agent (551) (Contains **Milk** and **Soy**)), Vegetables (Onion, Tomato, Celery), Vegetable Fat, Sugar Yeast Extract, **Soy** Sauce Powder (Derived from **Wheat**), Colours (150c, 160a), Vegetable Gums (412,415), Spice, Food Acid (330), Pea, Carrots Corn, **Soy** Chilli Sauce (2%) (Chilli Sauce (70%) [Water, Sugar, Red Chilli (11%), Garlic (4%), Modified Starch (3%), Acetic Acid (1%), Salt 0.8%, Flavour Enhancers (INS 621) 0.2%]), (**Soy** Sauce (25%) [Water, Vegetable Protein Extract (**Soy**/Maize)(31.5%), Molasses, Burnt Sugar, Acidity Regulator (270), Flavours, Salt]), Onions, Red Wine, Canola Oil, Garlic, Gravy Browning (Water, Natural Colour (Caramel), Acidity Regulator (260), Herbs, spices), Cheese Sauce (40%) (Fresh **Milk** (70%), Flour (15%) **Wheat** Flour, Unsalted Butter (15%) (Pasteurised Cream, **Milk** Fat 80%), Cream (**Milk**), Pasta (15%) Flour, **Wheat** Flour, **Eggs**, Water, Salt), Cheddar Cheese (5%) Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet), Anticaking Agent (460), Preservative (200), Tomato Relish (5%) (Water, Tomato Puree (33%), Sugar, Modified Maize Starch (1422), Dehydrated Onions, Salt, Spices, Acidity Regulator (260)), Spinach.

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See freshchef.nz for details

Mac n' Cheese n' Ham
NUTRITIONAL INFORMATION

Typical Values

PROTEIN

30g

CARBS

58g

FAT

17g

Servings per package

1

Serving size

500g

**Average Quantity per
Serving**

**Average Quantity per
100g**

Energy

2058kJ

412kJ

Calories

490cal

98cal

Protein

30g

6g

Fat, Total

17g

3g

-saturated

11g

2g

Carbohydrate

58g

12g

-sugars

11g

2g

Sodium

1080mg

216mg

Ingredients

Macaroni Pasta (60%), Flour, **Wheat** Flour, **Eggs**, Water, Salt), Cheese Sauce (30%)(Fresh **Milk** (70%), Flour (15%) **Wheat** Flour, Unsalted Butter (15%) (Pasteurised Cream, **Milk** Fat 80%), Cream (**Milk**), Ham (7%)[Pork (81%), Water, Salt, Dextrose, Sugar, Thickeners (1412, 407a, 415), Starch (Potatoe, Tapioca), Mineral salts (451, 450, 452, 500), Antioxidant (316), Preservatives (250), Yeast Extract, Cheddar Cheese (2%) Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet), Anticaking Agent (460), Preservative (200).

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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See freshchef.nz for more details

Pork Belly & Brown Rice
NUTRITIONAL INFORMATION

Typical Values

PROTEIN

30g

CARBS

62g

FAT

32g

Servings per package

1

Serving size

500g

**Average Quantity per
Serving**

**Average Quantity per
100g**

Energy	2902kJ	580kJ
Calories	691cal	138cal
Protein	30g	6g
Fat, Total	32g	6g
-saturated	4g	1g
Carbohydrate	62g	12g
-sugars	3g	1g
Sodium	890mg	178mg

Ingredients

Pork Belly (30%), Pork Marinade [Pork Belly (95%), Salt, Chilli Flake, Fennel Seeds], Brown Rice (40%), **Soy** Chilli Sauce (10%)(Chilli Sauce (70%) [Water, Sugar, Red Chilli (11%), Garlic (4%), Modified Starch (3%), Acetic Acid (1%), Salt 0.8%, Flavour Enhancers (INS 621) 0.2%]), (**Soy** Sauce (25%)[Water, Vegetable Protein Extract (**Soy**/Maize)(31.5%), Molasses, Burnt Sugar, Acidity Regulator (270), Flavours, Salt]), Coriander (5%), Green Beans (10%).

Allergen Information

Fresh Chef Frozen Meals are manufactured in the same facility as meals which contain Gluten, therefore we cannot guarantee the meals won't contain traces of Gluten. For this reason, we refrain from claiming that our meals are "gluten free", thus we strongly recommend that Celiacs avoid our meals. Our meals with no added Gluten are designed for the customer who wishes to avoid gluten for other purposes ~ outside of Celiac disease.

May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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 5 days.

See freshchef.nz for more details

Roast Pork & Vegetables
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
33g	56g	21g
	Servings per package	1
	Serving size	500g
	Average Quantity per Serving	Average Quantity per 100g
Energy	2272kJ 541cal	454kJ 108cal
Protein	33g	7g
Fat, Total	21g	4g
-saturated	6g	1g
Carbohydrate	56g	11g
-sugars	33g	7g
Sodium	646mg	129mg

Ingredients

Pork (25%), Pork Marinade [Pork (90%), Beef Stock (Iodised Salt, Sugar, Corn Starch, Beef Fat (5%), Yeast Extract, **Soy** Sauce Powder (Derived from **Wheat**), Colour (150c), Hydrolysed Vegetable Protein, Flavour, Onion Powder, Flavour Enhancer (635), Spice, Food Acid (330), Herb, Red Wine, **Mustard**], Beef Gravy (32%) [Maltodextrin (from corn), Modified Starch (1422), Rice Flour, Iodised Salt, Modified Starch (1442), Flavour Enhancers (621,635), Beverage Whitener (Antioxidants (307b), Stabiliser (340, 451), Emulsifiers (471,481), Anti-Cake Agent (551)(Contains **Milk** and **Soy**)), Vegetables (Onion, Tomato, Celery), Vegetable Fat, Sugar Yeast Extract, **Soy** Sauce Powder (Derived from **Wheat**), Colours (150c, 160a), Vegetable Gums (412,415), Spice, Food Acid (330), Tuscan Potatoes (10%) [Potatoes (98%), Tuscan Seasoning (2%) Salt, Sugar, Garlic (contains **Sulphites**), Pepper, Rosemary, Parsley, Vegetable Oil, Pumpkin (10%), Carrot (10%), Peas (5%), Kumara (5%), Garlic Butter (3%) [unsalted butter (90%) (Pasteurised Cream, **Milk** Fat 80%), Garlic (9%), Canola Oil.

Allergen Information

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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Roast Beef & Vegetables
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
30g	49g	12g
	Servings per package	1
	Serving size	450g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1718kJ 409cal	382kJ 91cal
Protein	30g	7g
Fat, Total	12g	3g
-saturated	1g	0g
Carbohydrate	49g	11g
-sugars	27g	6g
Sodium	265mg	59mg

Ingredients

Beef (25%), Beef Marinade [Beef (90%), Beef Stock (Iodised Salt, Sugar, Corn Starch, Beef Fat (5%), Yeast Extract, **Soy** Sauce Powder (Derived from **Wheat**), Colour (150c), Hydrolysed Vegetable Protein, Flavour, Onion Powder, Flavour Enhancer (635), Spice, Food Acid (330), Herb, Red Wine, **Mustard**], Beef Gravy (32%) [Maltodextrin (from corn), Modified Starch (1422), Rice Flour, Iodised Salt, Modified Starch (1442), Flavour Enhancers (621,635), Beverage Whitener (Antioxidants (307b), Stabiliser (340, 451), Emulsifiers (471,481), Anti-Cake Agent (551)(Contains **Milk** and **Soy**)), Vegetables (Onion, Tomato, Celery), Vegetable Fat, Sugar Yeast Extract, **Soy** Sauce Powder (Derived from **Wheat**), Colours (150c, 160a), Vegetable Gums (412,415), Spice, Food Acid (330)], Tuscan Potatoes (10%) [Potatoes (98%), Tuscan Seasoning (2%) Salt, Sugar, Garlic (contains **Sulphites**), Pepper, Rosemary, Parsley, Vegetable Oil, Pumpkin (10%), Carrot (10%), Peas (5%), Kumara (5%), Garlic Butter (3%) [unsalted butter (90%) (Pasteurised Cream, **Milk** Fat 80%), Garlic (9%), Canola Oil.

Allergen Information

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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 5 days.

See freshchef.nz for details

Roast Chicken Breast & Vegetables
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
40g	50g	9g
	Servings per package	1
	Serving size	500g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1777kJ	355kJ
Calories	423cal	85cal
Protein	40g	8g
Fat, Total	9g	2g
-saturated	1g	0g
Carbohydrate	50g	10g
-sugars	27g	5g
Sodium	405mg	81mg

Ingredients

Chicken Breast (25%), Beef Gravy (32%) [Maltodextrin (from corn), Modified Starch (1422), Rice Flour, Iodised Salt, Modified Starch (1442), Flavour Enhancers (621,635), Beverage Whitener (Antioxidants (307b), Stabiliser (340, 451), Emulsifiers (471,481), Anti-Cake Agent (551) (Contains **Milk** and **Soy**)), Vegetables (Onion, Tomato, Celery), Vegetable Fat, Sugar Yeast Extract, **Soy** Sauce Powder (Derived from **Wheat**), Colours (150c, 160a), Vegetable Gums (412,415), Spice, Food Acid (330), Tuscan Potatoes (10%) [Potatoes (98%), Tuscan Seasoning (2%) Salt, Sugar, Garlic (contains **Sulphites**), Pepper, Rosemary, Parsley, Vegetable Oil, Pumpkin (10%), Carrot (10%), Peas (5%), Kumara (5%), Garlic Butter (3%) [unsalted butter (90%) (Pasteurised Cream, **Milk** Fat 80%), Garlic (9%), Canola Oil.

Allergen Information

Fresh Chef Frozen Meals are manufactured in the same facility as meals which contain Gluten, therefore we cannot guarantee the meals won't contain traces of Gluten. For this reason, we refrain from claiming that our meals are "gluten free", thus we strongly recommend that Celiacs avoid our meals. Our meals with no added Gluten are designed for the customer who wishes to avoid gluten for other purposes ~ outside of Celiac disease.

May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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 5 days.

See freshchef.nz for details

Beef Teriyaki & Brown Rice

NUTRITIONAL INFORMATION

Typical Values

PROTEIN

33g

CARBS

65g

FAT

9g

Servings per package

1

Serving size

500g

Average Quantity per Serving

Average Quantity per 100g

Energy	2058kJ	412kJ
Calories	490cal	98cal
Protein	33g	7g
Fat, Total	9g	2g
-saturated	4g	1g
Carbohydrate	65g	13g
-sugars	3g	1g
Sodium	606mg	121mg

Ingredients

Beef Cheek (30%), Beef Marinade [Beef (90%), Beef Stock (Iodised Salt, Sugar, Corn Starch, Beef Fat (5%), Yeast Extract, **Soy** Sauce Powder (Derived from **Wheat**), Colour (150c), Hydrolysed Vegetable Protein, Flavour, Onion Powder, Flavour Enhancer (635), Spice, Food Acid (330), Herb, Red Wine, **Mustard**], Brown Rice (40%), Teriyaki Sauce (10%) [Water, Sugar, **Soy** Sauce (25%)(Water **Soybeans**, Rice, Salt), Thickeners (1422, 415), Honey (2%), Sherry, Food Acid (Acetic), Yeast Extract, Colour (150d), Ginger, Cane Sugar], Green Beans (10%).

Allergen Information

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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 5 days.

See freshchef.nz for more details

Pulled Lamb & Kumara Mash
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
35g	41g	21g
	Servings per package	1
	Serving size	500g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1764kJ	353kJ
Calories	420cal	84cal
Protein	35g	7g
Fat, Total	21g	4g
-saturated	11g	2g
Carbohydrate	41g	8g
-sugars	16g	3g
Sodium	99mg	20mg

Ingredients

Lamb Shoulder (30%), Lamb Marinade [Lamb (90%), Beef Stock (Iodised Salt, Sugar, Corn Starch, Beef Fat (5%), Yeast Extract, **Soy** Sauce Powder (Derived from **Wheat**), Colour (150c), Hydrolysed Vegetable Protein, Flavour, Onion Powder, Flavour Enhancer (635), Spice, Food Acid (330), Herb, Red Wine, **Mustard**], Beef Gravy (32%) [Maltodextrin (from corn), Modified Starch (1422), Rice Flour, Iodised Salt, Modified Starch (1442), Flavour Enhancers (621,635), Beverage Whitener (Antioxidants (307b), Stabiliser (340, 451), Emulsifiers (471,481), Anti-Cake Agent (551) (Contains **Milk** and **Soy**)), Vegetables (Onion, Tomato, Celery), Vegetable Fat, Sugar Yeast Extract, **Soy** Sauce Powder (Derived from **Wheat**), Colours (150c, 160a), Vegetable Gums (412,415), Spice, Food Acid (330), 80%), Garlic (9%), Canola Oil. Kumara mash (50%)[Kumara(95%), Unsalted Butter(5%) (Pasteurised Cream, **Milk** Fat 80%),salt]. Green beans (20%).

Allergen Information

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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 5 days.

[See freshchef.nz for more details](http://freshchef.nz)

Mince & Mash
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
29g	57g	8g
	Servings per package	1
	Serving size	500g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1806kJ	361kJ
Calories	430cal	86cal
Protein	29g	6g
Fat, Total	8g	2g
-saturated	2g	0g
Carbohydrate	57g	11g
-sugars	6g	1g
Sodium	22mg	4mg

Ingredients

Beef Mince (40%), Beef Mince Mix [Beef Mince 70%, Crushed Tomatoes ((20%), Tomatoes, Tomato Puree, Salt, Food Acid (Citric Acid)), Beef Gravy ((5%), Maltodextrin (from corn), Modified Starch (1422), Rice Flour, Iodised Salt, Modified Starch (1442), Flavour Enhancers (621,635), Beverage Whitener (Antioxidants (307b), Stabiliser (340, 451), Emulsifiers (471,481), Anti-Cake Agent (551)(Contains **Milk** and **Soy**)), Vegetables (Onion, Tomato, Celery), Vegetable Fat, Sugar Yeast Extract, **Soy** Sauce Powder (Derived from **Wheat**), Colours (150c, 160a), Vegetable Gums (412,415), Spice, Food Acid (330), Pea, Carrots Corn, **Soy** Chilli Sauce (2%) (Chilli Sauce (70%) [Water, Sugar, Red Chilli (11%), Garlic (4%), Modified Starch (3%), Acetic Acid (1%), Salt 0.8%, Flavour Enhancers (INS 621) 0.2%]), (**Soy** Sauce (25%)[Water, Vegetable Protein Extract (**Soy**/Maize)(31.5%), Molasses, Burnt Sugar, Acidity Regulator (270), Flavours, Salt]), Onions, Red Wine, Canola Oil, Garlic, Gravy Browning (Water, Natural Colour (Caramel), Acidity Regulator (260), Herbs, spices), Mashed Potatoes (50%) [Potatoes (90%), Unsalted Butter(5%) (Pasteurised Cream, **Milk** Fat 80%), Cheddar Cheese (5%) Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet), Anticaking Agent (460), Preservative (200).

Allergen Information

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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See freshchef.nz for details

Ribs & Mash
NUTRITIONAL INFORMATION

Typical Values

PROTEIN

19g

CARBS

34g

FAT

22g

Servings per package

1

Serving size

500g

**Average Quantity per
Serving**

**Average Quantity per
100g**

Energy

1730kJ

346kJ

Calories

412cal

82cal

Protein

19g

4g

Fat, Total

22g

4g

-saturated

13g

3g

Carbohydrate

34g

7g

-sugars

1g

0g

Sodium

320mg

64mg

Ingredients

Pork Ribs (40%), Pork Marinade [Pork Ribs 80%, Concentrated Tomatoes, Sugar, Salt, Food Acids (Acetic Acid, Citric Acid), Colour (Caramel 111), Flavours (Including Garlic, Hickory Smoke), Vegetable Gum (415), Spices], Mashed Potatoes (40%) [Potatoes (90%), Unsalted Butter(5%) (Pasteurised Cream, **Milk** Fat 80%), BBQ Sauce (10%)[Sugar, Tomato Paste, Apple Paste, Treacle, Thickeners, (E1422, E415), White Vinegar, Salt, Flavour, Spices, Colour (E150d), Onion Powder, Acidity Regulator (E330), Preservative (E202)], Corn (10%).

Allergen Information

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Storage

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See freshchef.nz for more details

Sticky Date Pudding

NUTRITIONAL INFORMATION

Typical Values

PROTEIN

10g

CARBS

97g

FAT

45g

Servings per package

1

Serving size

500g

**Average Quantity per
Serving**

**Average Quantity per
100g**

Energy

3788kJ

758kJ

Calories

902cal

180cal

Protein

10g

2g

Fat, Total

45g

\\

-saturated

45g

9g

Carbohydrate

97g

19g

-sugars

95g

19g

Sodium

300mg

60mg

Ingredients

Sticky Date Pudding (80%) [Dates (20%), Flour (15%) **Wheat** Flour, Brown Sugar (15%) Cane Sugar, **Eggs** (5%), Unsalted Butter (10%) (Pasteurised Cream, **Milk** Fat 80%), Cream (**Milk**), Sodium Bicarbonate (100%)], Caramel Sauce (20%) [Unsalted Butter (25%) (Pasteurised Cream, **Milk** Fat 80%), Cream (Milk), Brown Sugar (25%) Cane Sugar, Cream (50%) (**Milk**).

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Tortellini
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
16g	59g	10g
	Servings per package	1
	Serving size	500g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1806kJ	361kJ
Calories	430cal	86cal
Protein	16g	3g
Fat, Total	10g	2g
-saturated	2g	0g
Carbohydrate	59g	12g
-sugars	8g	2g
Sodium	22mg	4mg

Ingredients

Tortellini Pasta (40%)(Durum Semolina Flour, Water, Spinach Leaf (15%), Flour, Potatoe (Potato Flakes), Tasty Cheese (Contains **Milk**, Salt, Vegetarian Rennet, Cultures), Ricotta (Contains **Milk**, Cultures, Salt, Acidity Regulator (270)), **Milk** Powder (Contains Emulsifier (322-Soy)), Parmesan Cheese (Contains **Milk**, Salt, Cultures, Enzymes), **Egg**, Spinach Powder, Canola Oil, Salt, Garlic, Nutmeg, White Pepper). Tomato Sauce (40%) [Crushed Tomatoes(100%), (Tomato Puree, Salt, Citric Acid), Basil Pesto (5%)(Fresh Basil (17%), Sunflower Seeds, Parmesan Cheese,[**Milk**, Starter Culture, Enzyme], **Almonds**, **Cashews**, Fresh Parsley, Olive Oil, Garlic, **Mustard** Oil, Citric Acid, Salt), Cream (**Milk**), Cream Onions, Garlic, Herbs, **Soy** Chilli Sauce (1%) (Chilli Sauce (70%) [Water, Sugar, Red Chilli (11%), Garlic (4%), Modified Starch (3%), Acetic Acid (1%), Salt 0.8%, Flavour Enhancers (INS 621) 0.2%]), (**Soy** Sauce (25%)[Water, Vegetable Protein Extract (**Soy**/Maize)(31.5%), Molasses, Burnt Sugar, Acidity Regulator (270), Flavours, Salt]). Cheddar Cheese (20%) Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet), Anticaking Agent (460), Preservative (200).

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