

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED
PLEASE REMOVE STICKER BEFORE HEATING



freshchef

Snap Frozen at the Peak of Freshness



GRILLED ORANGE ROUGHY

CREAMY WHITE WINE AND GARLIC SAUCE, SEASONAL GREENS, KUMARA MASH



Sustainably Sourced



Low Calorie

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

Fish (30%) Cream(**Milk**)(80%), (Chilli Sauce (5%) [Water, Sugar, Red Chilli (11%), Garlic (4%), Salt 0.8%, Flavour Enhancers (INS 621) 0.2%]), (**Soy** Sauce (25%), Molasses, Flavours), 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%)]. Green beans (10%), Spinach (5%), Peas (5%).

Contains: Milk, Soy, Fish

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

NUTRITION INFO

SERVINGS PER PACKAGE: 1
SERVING SIZE: 400G

AVERAGE QUANTITY	PER SERVING	PER 100G
ENERGY	1718kj	429kj
CALORIES	409cals	102cals
PROTEIN	24g	6g
FAT, TOTAL	27g	7g
-SATURATED	7g	2g
CARBS	18g	5g
- SUGAR	13g	3g
SODIUM	537mg	134mg

See FRESHCHEF.NZ for gluten and allergy info.