

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED
PLEASE REMOVE STICKER BEFORE HEATING



freshchef

Snap Frozen at the Peak of Freshness



GLAZED CHAMPAGNE HAM

STICKY GLAZED HAM, GOURMET POTATOES, PEAS, HONEY MUSTARD AND SWEET SOY SAUCE



Certified NZ Pork



No added Gluten

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

Ham (25%), Dextrose, Thickeners (1412, 407a, 415), Starch (Potatoe, Tapioca), Mineral salts (451, 450, 452, 500), Antioxidant (316), Preservatives (250), Potatoes (25%), Honey Mustard Sauce (2%)[Honey (9%), Glucose Syrup, **Mustard** Seed 4%, **Egg** Yolk, Food Acids (Acetic, Citric), Salt, Thickeners (Modified Cornstarch, Xanthan Gum(Contains **Soy**)), Whey Protein (Contains **Milk**), Turmeric), Herbs], **Soy** Chilli Sauce, Acetic Acid (1%), Flavour Enhancers (INS 621 0.2%), (**Soy** Sauce (25%)[Vegetable Protein Extract (**Soy**/Maize)(31.5%), Molasses, Acidity Regulator (270),Coriander (5%)], Peas.
Contains: Milk, Soy, Mustard, Egg

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

NUTRITION INFO

SERVINGS PER PACKAGE: 1
SERVING SIZE: 400G

AVERAGE QUANTITY	PER SERVING	PER 100G
ENERGY	1852kj	463kj
CALORIES	441cals	110cals
PROTEIN	24g	6g
FAT, TOTAL	21g	5g
-SATURATED	2g	1g
CARBS	39g	10g
- SUGAR	23g	6g
SODIUM	1598mg	399mg

See FRESHCHEF.NZ for gluten and allergy info.