

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED
PLEASE REMOVE STICKER BEFORE HEATING



freshchef

Snap Frozen at the Peak of Freshness



MAC AND CHEESE

HONEY GLAZED HAM, CREAMY CHEESE 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

NUTRITION INFO

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

Macaroni Pasta (60%), Flour, **Wheat** Flour, **Eggs**, Salt), Unsalted Butter (15%) (Pasteurised Cream, **Milk** Fat 80%), Cream (**Milk**), Ham (7%) [Pork (81%) Dextrose, Sugar, Thickeners (1412, 407a, 415), Starch (Potatoe, Tapioca), Mineral salts (451, 450, 452, 500), Antioxidant (316), Preservatives (250), Yeast Extract, **Soy** Chilli Sauce (10%)(Chilli Sauce (70%) [Sugar, Red Chilli (11%), Garlic (4%), **Fish** Extract, Cheddar Cheese (2%) Pasteurised **Milk**, Salt, Cultures, Anticaking Agent (460), Preservative (200).

Contains: Milk, Soy, Wheat (Gluten), Fish

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

SERVINGS PER PACKAGE: 1
SERVING SIZE: 400G

AVERAGE QUANTITY	PER SERVING	PER 100G
ENERGY	3759kj	1074kj
CALORIES	895cals	256cals
PROTEIN	35.7g	9g
FAT, TOTAL	43g	12g
-SATURATED	29g	8g
CARBS	92g	23g
- SUGAR	4g	1g
SODIUM	548mg	157mg

See FRESHCHEF.NZ for gluten and allergy info.