

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED
PLEASE REMOVE STICKER BEFORE HEATING



MANISHS BEEF CURRY

SLOW BRASIED BEEF CHEEK, FRAGRANT INDIAN SPICED CURRY SAUCE



No added Gluten



Grassfed Beef

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

Beef Cheek (25%), Curry Sauce (38%) [Tomatoes, Cream(Milk)(80%), Unsalted Butter (Pasteurised Cream, Milk Fat 80%), Sugar, Ginger, Garlic, Garam Masala, Coriander, Yoghurt [Milk solids, Gelatine, Cultures], Spices, Herbs, Sesame Seeds, Shallots, Basmati Rice (37%).

Contains: Milk,

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

NUTRITION INFO

SERVINGS PER PACKAGE: 1
SERVING SIZE: 400G

AVERAGE QUANTITY	PER SERVING	PER 100G
ENERGY	1779kj	445kj
CALORIES	424cals	106cals
PROTEIN	16g	4g
FAT, TOTAL	20g	5g
-SATURATED	4g	1g
CARBS	53g	13g
- SUGAR	5g	1g
SODIUM	323mg	81mg

See FRESHCHEF.NZ for gluten and allergy info.