

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED  
PLEASE REMOVE STICKER BEFORE HEATING



# freshchef

Snap Frozen at the Peak of Freshness



## MOROCCAN LAMB SHOULDER

### MOROCCAN SPICED LAMB SHOULDER, KUMARA MASH, GREENS, GRAVY



Grass Fed Lamb



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

Lamb Shoulder (30%), Moroccan Spice, Sugar, Rice Flour, Paprika, Rosemary, Turmeric, Food Acid (Citric), Capsicum, Coriander Seed, Cumin, Olive Oil, Curry Powder, Beef Gravy (25%) [Modified Starch (1422), Rice Flour, Salt, Flavour Enhancers (621,635), Onion, Tomato, Celery, Sugar Yeast Extract, **Soy** Sauce, Food Acid (330)], Kumara mash (25%)[Kumara(95%), Butter(5%) (Pasteurised Cream, **Milk** Fat 80%)] Beans, Broccoli, **Sesame** Seeds .  
**Contains: Milk, Soy, Sesame**

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

#### NUTRITION INFO

SERVINGS PER PACKAGE: 1  
SERVING SIZE: 400G

AVERAGE QUANTITY	PER SERVING	PER 100G
ENERGY	2092kj	523kj
CALORIES	498cals	125cals
PROTEIN	35g	8g
FAT, TOTAL	30g	7g
-SATURATED	7g	2g
CARBS	22g	6g
- SUGAR	10g	3g
SODIUM	518mg	130mg

See FRESHCHEF.NZ for gluten and allergy info.