

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED  
PLEASE REMOVE STICKER BEFORE HEATING



# freshchef

Snap Frozen at the Peak of Freshness



## PUMPKIN RAVIOLI

### PUMPKIN AND RICOTTA TORTELLINI, TOMATO PESTO SAUCE, SPINACH.



Premium Quality



Vegetarian

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

Tortellini Pasta (40%) **Wheat** Flour, Pumpkin (18%), Potato Flakes (Potatoes, Emulsifier (471)), Ricotta (3.5%), Preservative (202)), **Milk** Powder, Parmesan Cheese, **Egg** Powder, Salt, Canola Oil, Herbs & Spices, Garlic, Pepper) Tomato Sauce (40%) Crushed Tomatoes, (Tomato Puree, Citric Acid), Basil Pesto (5%) (Fresh Basil (17%), Sunflower Seeds, Parmesan Cheese, **Almonds**, **Cashews**, Parsley, **Mustard** Oil), Cream (**Milk**), Red Chilli (11%), Onions, Sugar, Coriander, Flavour Enhancers (INS 621)), **Soy** Sauce, Molasses, Cheddar Cheese (20%) Pasteurised **Milk**, Salt, Cultures, spinach.

**Contains: Soy, Mustard, Wheat (Gluten), Eggs, Tree Nuts, Milk**

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

#### NUTRITION INFO

SERVINGS PER PACKAGE: 1  
SERVING SIZE: 400G

AVERAGE QUANTITY	PER SERVING	PER 100G
ENERGY	2184kj	546kj
CALORIES	520cals	130cals
PROTEIN	18g	5g
FAT, TOTAL	24g	6g
-SATURATED	6g	2g
CARBS	58g	15g
- SUGAR	6g	2g
SODIUM	320mg	80mg

See FRESHCHEF.NZ for gluten and allergy info.