

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED  
PLEASE REMOVE STICKER BEFORE HEATING



# freshchef

Snap Frozen at the Peak of Freshness



## KIWI ROAST BEEF

### SLOW ROAST BEEF, ROAST VEGES, POTATOE GRATIN, BEEF GRAVY



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 25%, Marinade [Herbs, Red Wine, **Mustard**], Beef Gravy (32%) [Modified Starch (1422), Rice Flour, Flavour Enhancers (621,635), Vegetables (Onion, Tomato, Celery), Sugar Yeast Extract, **Soy** Sauce, Potatoe Gratin (10%) [Agrida potato (89%), cream (**milk**), salt, garlic, pepper], Pumpkin 10%, Carrot 10%, Peas 5%, Apple sauce 2%(Apples, Sugar, Lemon Juice Concentrate, Spices, Preservative (202)), Garlic, Canola Oil.

Contains: Milk, Soy, Mustard,

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

#### NUTRITION INFO

SERVINGS PER PACKAGE: 1  
SERVING SIZE: 400G

AVERAGE QUANTITY	PER SERVING	PER 100G
ENERGY	1596kj	399kj
CALORIES	380cals	95cals
PROTEIN	26g	6g
FAT, TOTAL	12g	3g
-SATURATED	5g	1g
CARBS	42g	11g
- SUGAR	20g	5g
SODIUM	199mg	50mg

See FRESHCHEF.NZ for gluten and allergy info.