

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED
PLEASE REMOVE STICKER BEFORE HEATING



freshchef

Snap Frozen at the Peak of Freshness



KIWI ROAST CHICKEN

SLOW ROAST CHICKEN BREAST, ROAST VEGES, POTATOE GRATIN, BEEF GRAVY



No Added Gluten



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 4.5 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

Chicken Breast 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 | 1389kj | 347kj |
| CALORIES | 331cals | 83cals |
| PROTEIN | 30g | 8g |
| FAT, TOTAL | 7g | 2g |
| -SATURATED | 2g | 1g |
| CARBS | 38g | 9g |
| - SUGAR | 20g | 5g |
| SODIUM | 304mg | 76mg |

See FRESHCHEF.NZ for gluten and allergy info.