

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED  
PLEASE REMOVE STICKER BEFORE HEATING



# freshchef

Snap Frozen at the Peak of Freshness



## STICKY DATE PUDDING

### STEVES STICKY DATE PUDDING WITH GOOEY CARAMEL SAUCE



Homemade



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 3.5 minutes then rest for 2 minutes, Continue cooking for a further 1 minute if needed
- 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

Sticky Date Pudding (80%) [Dates (20%), Flour (15%) **Wheat** Flour, Brown Sugar (15%), **Eggs** (5%), Unsalted Butter (10%) (Pasteurised Cream, **Milk** Fat 80%), Cream (**Milk**), Sodium Bicarbonate (100%)], Caramel Sauce (20%) [ Unsalted Butter, Cream (**Milk**), Brown Sugar (25%).

Contains: Milk, Eggs, Wheat(Gluten)

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

#### NUTRITION INFO

SERVINGS PER PACKAGE: 1  
SERVING SIZE: 400G

AVERAGE QUANTITY	PER SERVING	PER 100G
ENERGY	2841kj	710kj
CALORIES	677cals	169cals
PROTEIN	8g	2g
FAT, TOTAL	34g	8g
-SATURATED	34g	8g
CARBS	73g	18g
- SUGAR	71g	18g
SODIUM	518mg	130mg

See FRESHCHEF.NZ for gluten and allergy info.