

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED
PLEASE REMOVE STICKER BEFORE HEATING



freshchef

Snap Frozen at the Peak of Freshness



STEVE'S SWEET AND SOUR PORK

CRISPY PORK, BASMATI RICE, PINEAPPLE, HOMEMADE SWEET AND SOUR SAUCE



No Added Gluten



No Added Msg

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

Pork Shoulder (30%)[Ginger, Garlic, Spices, **Soy** Sauce(Vegetable Protein Extract (**Soy**/Maize) (31.5%)), Potato Starch, Canola Oil], Basmati Rice (30%), Sweet and Sour Sauce (30%) [Sugar, Apple Cider Vinegar, Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Food Acid (260), Spices, Stabilisers (412), Preservatives (202, 211)), Pineapple Juice, Worshester Sauce], Capsicum(4%), Onion(4%), Pineapple(2%).

Contains: **Soy**

Maybe present in production kitchen: **Gluten/Wheat, Peanuts, Tree nuts, Milk, Eggs, Fish, Shellfish (Crustacea & Molluscs), Lupen, Sesame Seeds.**

NUTRITION INFO

SERVINGS PER PACKAGE: 1
SERVING SIZE: 400g

| AVERAGE QUANTITY | PER SERVING | PER 100G |
|------------------|-------------|----------|
|------------------|-------------|----------|

| | | |
|------------|---------|---------|
| ENERGY | 2995kj | 856kj |
| CALORIES | 713cals | 204cals |
| PROTEIN | 20.9g | 6g |
| FAT, TOTAL | 22g | 6g |
| -SATURATED | 4g | 1g |
| CARBS | 83g | 24g |
| - SUGAR | 26g | 7g |
| SODIUM | 254mg | 73mg |

See FRESHCHEF.NZ for gluten and allergy info.