

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED  
PLEASE REMOVE STICKER BEFORE HEATING



# freshchef

Snap Frozen at the Peak of Freshness



## PLANT BASED ITALIAN MEATBALLS

**Penne pasta, pesto, rich tomato and herb sauce, garlic mushroom, vegan cheese & truffle oil.**



Vegan



Plant Based

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

Vegan Meatballs (25%) [Soy Protein, Oil, Onion, Flavours, Thickener (461), Tapioca Starch, Salt, Herbs, Sugar, Spice Extracts], Penne Pasta (30%), Durum **wheat** semolina), Vegan Pesto [Cold Pressed Rapeseed Oil, **Cashew** (23%), Basil (20%), Spinach, Olive Oil, Lemon Juice Concentrate, Vinegar, Garlic, Yeast Extract, Antioxidant (Ascorbic Acid)], Tomato Sauce(24%), [Tomatoes, Tomato Puree, Citric Acid, onion.], Broccoli, Mushroom, Truffle Oil, Vegan Cheese (5%) [ Coconut Oil, Native Potato Starch, Salt, Yeast Extract, Acidity Regulator (Lactic acid, Citric acid), Preservative (Potassium sorbate), Colour (Carotene).

Contains: Wheat (Gluten), Tree Nuts, Soy

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

#### NUTRITION INFO

SERVINGS PER PACKAGE: 1  
SERVING SIZE: 400G

AVERAGE QUANTITY	PER SERVING	PER 100G
ENERGY	2087kj	522kj
CALORIES	497cals	127cals
PROTEIN	26g	7g
FAT, TOTAL	21g	5g
-SATURATED	7g	2g
CARBS	51g	13g
- SUGAR	5g	1g
SODIUM	1252mg	313mg

See FRESHCHEF.NZ for gluten and allergy info.

Proudly produced by Chefs at Our Restaurant: 29 Huntingdon Drv, Rangiora. Ph 0800-578-247