

For best results, oven cook from frozen. Before serving check that the food is piping hot in the centre, if not cook further. Take care, product will be hot - allow to cool before serving. Do not re-heat once cooled. These instructions are for guidance only. All appliances vary.

Oven

Preheat oven to 190°C / fan 170°C. Remove lid and place pot on a baking tray.

(C. 1 a a)		Small pot	Medium pot	
	From frozen:	40-50 mins	50-60 mins	40-60 mins
NI	From defrosted:	25-30 mins	35-40 mins	25-40 mins

mins

Microwave

800W

Remove lid and replace loosely. Cook on full power.

From frozen: Cook on full power for:				
	Small pot	Medium pot		
900W	7 mins	10 mins	7-11	
ROOW	7.5 mins	10.5 mins		

Fish Pie

Mixed white and red fish pieces cooked in a bechamel sauce with vegetables, topped with mashed potato.

Ingredients

Fish mix (Haddock, Salmon, Smoked haddock (Haddock (98%), Salt)) (Fish) (33.6%), Potato, Milk, Leek, Petit pois, Cheddar cheese (Milk, Salt), Butter (Milk), wheat flour (Wheat flour (Gluten), Calcium carbonate, Iron, Niacin, Thiamin), Spinach

For allergens, see ingredients in bold. All our meals may also contain celery. crustaceans, eggs, fish, gluten, lupin, milk, molluscs, mustard, nuts, peanuts, sesame,

WARNING: Although every care is taken to remove all bones some small bones may remain.

Typical values	(As Sold) Per 100g	(As Sold) Per Serving (230g)	(As Sold) Per Serving (280g)
Energy	570 kJ	1312 kJ	1597 k
35	136 kCal	313 kCal	381 kCa
Fat	6.3 g	14.5 g	17.7 c
of which saturates	3.3 g	7.6 g	9.20
Carbohydrates	8.7 g	20.0 g	24.4 0
of which sugars	1.6 g	3.8 g	4.6 0
Fibre	1.8 g	4.1 a	5.0 0
Protein	11.1 g	25.5 g	31.0 0
Salt	0.25 a	0.57 g	0.69



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Oven

Preheat oven to 190°C / fan 170°C. Remove lid and place pot on a baking tray.

(a a a a		Small pot	Medium pot	
74	From frozen:	40-50 mins	50-60 mins	40-60 mins
86	From defrosted:	25-30 mins	35-40 mins	25-40 mins

Microwave

Remove lid and replace loosely. Cook on full power.

F	rom frozen: 0			
		Small pot	Medium pot	
	900W	7 mins	10 mins	7-11 mins
	800W	7.5 mins	10.5 mins	

Vegetable Lasagna

Cooked wheat pasta with mixed vegetables and lentils in a tomate sauce topped with bechamel sauce and cheddar cheese.

Ingredients

Chopped tomatoes (Tomato, Tomato, juico, Citric acidi, MIIIs, Aubergino, Courgette, Carrot, Onion, Pasta (Durum wheat semolina (Glutani), Cheddar cheese (MIIIs, Sath), Red pepper, Green Ientils, Wheat Hour (Wheat Hour (Glutani), Calcium carbonate, Iron, Niacin, Tihamini), Butter (MIIIs), Tomato puree (Tomato (1943), Sath), Garlio puree (Garlio (1943), Cheddal), Miede herbs: (Marjoram, Organo, Thymes, Pastley, Basil),

For allorgens, see ingredients in **bold**. All our meals may also contain celery, orustaceans, eggs, fish, gluten, lupin, milk, mollusos, mustard, nuts, peanuts, sesame, soy and sulphites.

Typical values	(As Sold) Per 100g	(As Sold) Per Serving (235g)	(As Sold) Per Serving (280g)
Energy	373 kJ	876 kJ	1044 kJ
	89 kCal	210 kCal	250 kCal
Fat	4.3 g	10.2 g	12.2 g
of which saturates	2.6 g	6.2 g	7.3 g
Carbohydrates	8.5 g	20.0 g	23.8 g
of which sugars	3.6 g	8.4 g	10.0 g
Fibre	2.0 g	4.6 g	5.5 g
Protein	4.2 g	9.8 g	11.7 g
Salt	0.16 g	0.37 g	0.44 g



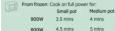
3-5 mins

2-4 mins

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Microwave

Remove lid and replace loosely. Stir halfway through cooking.



From defrosted: Cook on full power for:

Small pot Medium pot 900W 2.5 mins 3 mins

800W 3.5 mins 4 mins

Chicken Korma

Free range British chicken breast in a mild coconut curry sauce with basmati rice

<u>Ingredients</u>

Water, Coconut milk (Coconut extract (604e), Water), Chicken breast (16,74e), Basmati rice, Carret, Onion, Chicken, Petit pois, Ground almond (Wits), Ginger purse (Ginger (454e), Rapesed oil, Sugar, Salt, Acetic acid, Citric acid, Ascorbic acid), Garlic purse (Garlic (494e), Citric acid), Garam masala (Coriander, Cinnamon, Ginger, Clove), Paprika, Coriander, Tumeric, Cardamone,

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Typical values	(As Sold) Per 100g	(As Sold) Per Serving (200g)	(As Sold) Per Serving (240g)
Energy	645 kJ	1291 kJ	1549 k
	154 kCal	308 kCal	370 kCa
Fat	7.0 g	13.9 g	16.7
of which saturates	4.5 g	9.0 g	10.8
Carbohydrates	14.8 g	29.6 g	35.5
of which sugars	2.3 g	4.6 g	5.5 0
Fibre	1.9 g	3.8 q	4.5
Protein	7.3 g	14.5 g	17.4 0
Salt	0.07 g	0.13 g	0.16



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Microwave

Remove lid and replace loosely. Stir halfway through cooking.



Chicken Fricassee

Free range British chicken breast and thigh pieces in a cream sauce with basmati and wild rice.

Ingredients

Mushrooms, Water, Chicken breast (0.7%), Chicken thigh (10.7%), Onion, Savoy cabbage, Double craem (MIK), Basmeth rice, Wheat Hour (Wheat Hour (Gulten), Calcium carbonate, Iron, Niacin, Thiamin), Wild rice, Butter (MIK), Rapeseed oil, Garlic puree (Carlic (1914), Citric acid), Chicken stock (Glucese syrup, Vegetable fat (Shea), Toasted onion powder, Sugar, Potato starch; Haevunnas, Chicken pader (Chicken, Antoxidant (Rosemary extracts)) (2.5%), Herbs (Parsley, Rosemary), Chicken fat (Chicken fat, Antoxidant (Rosemary extracts)) (1.5%), Turner, Red pepper, Pepper, Carrors, Nutmeg, Lovage root), Nixed Herbs (Marjoram, Oregano, Thyme, Parsley, Basil), Black pepper, Tryme.

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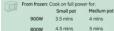
Typical values	(As Sold) Per 100g	(As Sold) Per Serving (200g)	(As Sold) Per Serving (240g)
Energy	470 kJ	940 kJ	1128 kJ
-	112 kCal	224 kCal	269 kCal
Fat	5.5 g	11.0 g	13.2 g
of which saturates	2.8 g	5.6 g	6.7 g
Carbohydrates	9.3 g	18.5 g	22.2 g
of which sugars	1.4 g	2.8 g	3.3 g
Fibre	0.7 g	1.5 g	1.8 g
Protein	6.0 g	12.1 g	14.5 g
Salt	0.06 g	0.13 g	0.15 g



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Microwave

Remove lid and replace loosely. Stir halfway through cooking.



From defrosted: Cook on full power for:

900W 2.5 mins 3 mins 2-4 mins

3-5 mins

800W 3.5 mins 4 mins

Pasta Bolognese

British beef mince with vegetables in a tomato sauce with wheat pasta.

Ingredients

Tomato passata (Tomato, Salt, Citric acid), Beef mince (lib 4-b), Pasta (Durum wheat semalina (Gultum)), Mushroom, Carrot, Onion, Celery, Tomato purse (Tomato (1949.), Salt), Beef stock (Clucose syrup, Vegetable fat (Shea), Flavourings, Toasted onion powder, Potato starch, Sugar, Beef fat (Beef fat, Antioxidant (Rosemary extract)), (3-b), Beef powder (2-b), Spice (Pepppr, Nutmeg, Lovage crost, Civole), Herbs (Parsley, Rosemary), Red peppar, Carrot), Carlic (194-b), Citric acid), Mived herbs (Marjoram, Organa, Tiyme), Parsley, Basil).

For allergens, see ingredients in **bold.** All our meals may also contain celery, orustaceans, eggs, fish, gluten, lupin, milk, mollusos, mustard, nuts, peanuts, sesame, sey and suichites.

Typical values	(As Sold) Per 100g	(As Sold) Per Serving (220g)	(As Sold) Per Serving (260g)
Energy	404 kJ	889 kJ	1050 kJ
	96 kCal	210 kCal	249 kCal
Fat	1.1 g	2.4 g	2.9 0
of which saturates	0.4 g	1.0 g	1.1 0
Carbohydrates	14.4 g	31.8 g	37.6 g
of which sugars	3.4 g	7.5 g	8.8 g
Fibre	1.3 g	3.0 g	3.5 g
Protein	6.1 g	13.5 g	16.0 g
Salt	0.20 g	0.44 g	0.52 g



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Microwave

Remove lid and replace loosely. Stir halfway through cooking.



Coconut Fish Curry

Haddock pieces in a mildly spiced coconut sauce with basmati rice.

Ingredients

Water, Coconut milk (Coconut extract (Lor4a)), Haddook (Fish), Buttornut squash, Caulliflower, Basmatr rice, Tomato passata (Tomato, Salt, Chris caidl, Onion, Spinach, Creamed coconut (Coconut (1004a)), Garlic puree (Carric (13t4a), Citric acid, Scionic, Spinach, Puree (Ciagric (13t4a), Citric acid, Acconic acid, Curry powder (Coriander, Mustard, Turmeric, Fenugreek, Pea, Chilli, Salt, Fennel, Dill, Curry, powder (Coriander, Mustard, Turmeric, Fenugreek, Pea, Chilli, Salt, Fennel, Dill, Flavourings, Toastad onion powder, Petato starch, Sugar, Herbs (Parisby, Rosemary), Nutmeg, Red pepper, Pepper, Carryt, Lovage roct, Turmeric, Gararm masala (Cumin, Black pepper, Clevas, Cassia, Bay, Star anise, Ginger, Cardamom, Fennel, Chilli, Triphala), Coriander, Turmeric

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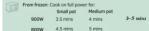
Typical values	(As sold) Per 100g	(As Sold) Per Serving (190g)	(As Sold) Per Serving (240g)
Energy	555 kJ	1054 kJ	1331 k
-	132 kCal	251 kCal	318 kCa
Fat	5.8 g	11.0 g	13.9 c
of which saturates	4.8 g	9.1 g	11.5 g
Carbohydrates	11.8 g	22.4 g	28.3 0
of which sugars	2.0 g	3.7 g	4.7 0
Fibre	1.1 g	2.0 g	2.6 0
Protein	7.7 g	14.7 g	18.6 g
Salt	0.18 g	0.34 g	0.44 c



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Microwavi

Remove lid and replace loosely. Stir halfway through cooking.



From defrosted: Cook on full power for:

 Small pot
 Medium pot

 900W
 2.5 mins
 3 mins
 2-4 mins

 800W
 3.5 mins
 4 mins

Mediterranean Veg Orzo

Mixed vegetables and orzo pasta in a tomato cream sauce.

Ingredients

Chopped tomatoes (Tomato, Tomato juice, Cttric acid), Orzo pasta (Durum wheat semolina (*Gluten*)) (14.08%), Courgette, Rød pepper, Yellow pepper, Aubergine, Rød onion, Double cream (Milk), Garlic purce (Garlic (98%), Cttric acid), Basil

For allergens, see ingredients in **bold**. All our meals may also contain celery, crustaceans, eags, fish, gluten, lupin, milk, molluscs, mustard, nuts, peanuts, sesame, soy and sulphitos.

Typical values	(As Sold) Per 100g	(As Sold) Per Serving (240g)	(As Sold) Per Serving (280g)
Energy	376 kJ	903 kJ	1054 k
	89 kCal	215 kCal	250 kCa
Fat	2.9 g	6.9 g	8.0 g
of which saturates	1.5 q	3.7 q	4.3 0
Carbohydrates	13.4 g	32.1 g	37.4
of which sugars	2.8 g	6.6 g	7.7
Fibre	1.2 g	2.9 g	3.4 (
Protein	2.6 g	6.3 g	7.4
Salt	0.05 g	0.12 g	0.14



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Oven

Preheat oven to 190°C / fan 170°C. Remove lid and place pot on a baking tray.

(0 to 40		Small pot	Medium pot	
	From frozen:	40-50 mins	50-60 mins	40-60 mins
N. 2	From defrosted:	25-30 mins	35-40 mins	25-40 mins

Microwave

Remove lid and replace loosely. Cook on full power.



	Small pot	Medium pot	
900W	7 mins	10 mins	7-11 mins
800W	7.5 mins	10.5 mins	

Cottage Pie

British beef mince in a vegetable gravy topped with mashed potato and sweet potato.

Ingredients

Water, Beef mince (20.19a), Potato, Onion, Celery, Carrot, Sweet potato, Petit pois, Tomato puree (Tomato (99%), Salt), Wheat flour (Wheat flour (Gluten), Calcium carbonate, Iron, Niacin, Thiamin), Worcestershire sauce (Malt vinegar (Barley), Spirit vinegar, Molasses, Sugar, Salt, Anchovy (Fish), Tamarind extract, Onion, Garlic, Spice, Flavourings), Beef stock (Glucose syrup, Vegetable fat (Shea), Flavourings, Toasted onion powder, Potato starch, Sugar, Beef fat (Beef fat, Antioxidant (Rosemary extract)) (3%), Beef powder (2%), Spices (Pepper, Nutmeg, Lovage roots, Clove), Herbs

For allergens, see ingredients in bold. All our meals may also contain celery, crustaceans, eaas, fish, aluten, lupin, milk, mollusos, mustard, nuts, peanuts, sesame. sov and sulphites.

Typical values	(As Sold) Per 100g	(As Sold) Per Serving (230g)	(As Sold Per Servin (265g
Energy	287 kJ	661 kJ	761 k
	68 kCal	157 kCal	181 kCa
Fat	1.2 g	2.7 g	3.1
of which saturates	0.5 g	1.1 g	1.2
Carbohydrates	8.3 g	19.1 g	22.0
of which sugars	2.5 g	5.7 g	6.6
Fibre	1.3 g	3.1 g	3.5
Protein	5.5 g	12.5 g	14.5
Salt	0.13 g	0.31 g	0.35



Microwave

Put on a plate straight from frozen, in the microwave for 30 seconds and serve right away.

Defrost

Alternatively, leave in kitchen to defrost overnight.

Apricot and Carrot Oat Bites

Soft baked oat bites with carrot, apricot and raisin.

Ingredients

Oats (**Gluten**), Carrot (18.99°), Dried apricot (Apricots (999°), **Sulphur dioxide**) (18.99°), Butter (**Milk**), Honey, Raisins (Raisins (99.59°), Sunflower oil),

For allergens, see ingredients in **bold**. All our meals may also contain celery, crustaceans, eggs, fish, gluten, lupin, milk, mollusos, mustard, nuts, peanuts, sesame, soy and sulphites.

You can defrost them in the fridge overnight, or you can pop them in the microwave for 10 seconds and serve them warm.

Typical values	(As Sold) Per 100g	(As Sold Per Servin
Energy	1411 kJ	988 k
	339 kCal	237 kCa
Fat	18.2 g	12.7
of which saturates	10.3 g	7.2
Carbohydrates	36.9 g	25.9
of which sugars	12.6 g	8.8
Fibre	4.6 g	3.2
Protein	4.5 g	3.2
Salt	0.05 g	0.04



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18-28 mins

Oven



Preheat oven to 190°C / fan 170°C. Remove from packaging and place on a baking tray.

From frozen: 15-20 mins

From defrosted: 10-15 mins

Broccoli Tots

Baked broccoli and cheese bites.

<u>Ingredients</u>

Broccoli (56.8%), Cheddar cheese (Milk, Salt), Egg, Onion, Breadcrumbs (Wheat flour (Wheat flour (Gluton), Calcium carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Paprika, Black pepper.

For allergens, see ingredients in **bold**. All our meals may also contain colory, crustaceans, eggs, fish, gluten, lupin, milk, mollusos, mustard, nuts, peanuts, sesame, soy and sulphites.

Pop them in the oven straight from frozen for 20 minutes

	(55
729 kJ	401
175 kCal	96 kC
9.8 g	5.4
6.0 g	3.3
10.6 g	5.9
2.4 g	1.3
2.1 g	1.2
10.6 g	5.8
	0.35
	6.0 g 10.6 g 2.4 g 2.1 g

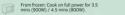


3-5 mins

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Microwave

Remove lid and replace loosely. Cook on full power.



From defrosted: Cook on full power for 2.5 3–4 mins mins (900W) / 3.5 mins (800W).

Hol



Empty contents into a small saucepan.

From frozen: Cook on low heat until fully defrosted then simmer on medium heat until piping hot.

From defrosted: Simmer on medium heat until piping hot.

Hidden Veg Pasta Sauce

Tomato and vegetable sauce.

Ingredients

Chopped Homatoes (Tomato, Tomato julio, Citric acid), Water, Red pepper, Onion, Celery, Carrot, Vegetable Stock (Clucess syrup, Vegetable fat (Shea), Flavourings, Toasted onion powder, Potato starch, Sugar, Horbs (Parsley, rosemany), Nutmag, Red popper, Pepper, Carrot, Lovage root, Turmerio), Garric puree (Garric (184e), Citric acid), Miyed horbs (Wagram, Oregano, Tiyme, Parsley, Basil).

For allorgons, see ingradients in **bold**. All our meals may also contain colory, orustaceans, eggs, fish, gluten, lupin, milk, mollusos, mustard, nuts, peanuts, sesame, sey and sulphites.

Typical values	(As Sold) Per 100g	(As Solo Per Servin (205
Energy	73 kJ	151
-	17 kCal	35 kC
Fat	0.3 g	0.7
of which saturates	0.0 g	0.1
Carbohydrates	3.2 g	6.5
of which sugars	2.8 g	5.8
Fibre	0.8 g	1.6
Protein	0.7 g	1.5
Salt	0.06 g	0.13