

BEEF STROGANOFF

250 g

HEAT FROM FRESH: Leave plastic film on and heat for 30 minutes at 180C. Remove film, stir and serve.

HEAT FROM FROZEN: Leave plastic film on and heat for 50 minutes at 160C. Remove film stir and serve.

MICROWAVE INSTRUCTIONS: If frozen defrost first then heat for 2-6 minutes on high power depending on the size of your dish.

MAKE SURE YOUR DISH IS THOROUGHLY HEATED, HEATING TIMES MAY VARY DEPENDING ON YOUR OVEN OR MICROWAVE.

Store in the freezer below -18°C

Store in the refrigerator below 4°C

Ingredients: Beef, Mushrooms, Onion, Real Beef Stock (beef, water, chicken, carrots, onions, red wine, tomatoes, celery, herbs, spices), Cream, Maize Starch, Paprika, Canola Oil, Salt, Garlic, Black Pepper.

Contains: Milk

May Contain: Gluten containing cereals, Peanuts, Sesame, Tree Nuts, Soy

NUTRITION INFORMATION

Servings per package: 1

Serving size: 250 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1340 kJ 321 Cal	537 kJ 128 Cal
Protein	40.2 g	16.1 g
- gluten	0 mg	0 mg
Fat, total	14.0 g	5.6 g
- saturated	6.1 g	2.4 g
Carbohydrate	11.6 g	4.7 g
- sugars	5.7 g	2.3 g
Dietary Fibre	2.6 g	1.0 g
Sodium	495 mg	198 mg

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Made in New Zealand from local and imported ingredients