

CHICKEN AND PESTO GNOCCHI

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

HEAT FROM FROZEN: Leave plastic film on and heat for 50 minutes at 160C. Remove film 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: Full Fat Milk, Gnocchi (mashed potato(water, potato flakes(potatoes, emulsifiers, sodium metabisulphite, flavourings)), white wheat flour, potato starch, salt, acidity regulator: lactic acid, preservative: sorbic acid, natural flavouring, rice flour.), Chicken, Grated Cheese (Pasteurised cow's milk, salt, vegetarian rennet, dairycultures, anticaking agent(460,starch), preservative(200)) [Pasteurised cow's milk, salt, vegetarian rennet, dairycultures, anticaking agent(460,starch), preservative(200)], Water, Spinach, Basil Pesto (Basil, Parmesan Cheese (Milk, salt, cultures, enzymes(rennet,lipase)), anticaking agent(460), preservative (200)), Cashew Nuts, Pine Nut, Garlic, Salt, Olive Oil), Mainland Butter, Wheat Flour, Sun-dried Tomatoes (Sundried tomato (contains potassium metabisulfite), sunflower oil, salt, garlic, capers, oregano, sorbic acid.), Cashew Nuts, Lemon, Salt, Black Pepper.

Contains: Milk, Gluten containing cereals, Tree Nuts, Gluten (Wheat), Sulphites
May Contain: Sesame, Peanuts

NUTRITION INFORMATION

Servings per package: 1

Serving size: 250 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1890 kJ 452 Cal	756 kJ 181 Cal
Protein	27.1 g	10.8 g
Fat, total	23.4 g	9.4 g
- saturated	11.2 g	4.5 g
Carbohydrate	34.4 g	13.7 g
- sugars	1.1 g	0.4 g
Dietary Fibre	1.6 g	0.6 g
Sodium	731 mg	292 mg

MYLK Food Store
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Made in New Zealand from local and imported ingredients