

COTTAGE PIE

250 g

HEAT FROM FRESH: Leave plastic film on and heat for 20 minutes at 180C. Remove film and heat for a further 10 minutes to brown the top.
HEAT FROM FROZEN: Leave plastic film on and heat for 40 minutes at 160C. Remove film and heat for a further 10 minutes to brown the top.
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, COOKING TIMES MAY VARY DEPENDING ON YOUR OVEN OR MICROWAVE.

Store in the freezer below -18°C

Store in the refrigerator below 4°C

Ingredients: Savoury Mince [Beef, Carrot, Onion, Peas, Real Beef Stock [beef, water, chicken, carrots, onions, red wine, tomatoes, celery, herbs, spices], Maize Starch, Tomatoes Paste, red cooking wine, Salt, Garlic, Black Pepper.], Mashed Potatoes [Potato, Mainland Butter, Anchor Cream, Salt.].

Contains: Milk

May Contain: Gluten (Wheat), Peanuts, Sesame, Tree Nuts, Egg, Soy, Gluten containing cereals

NUTRITION INFORMATION

Servings per package: 1

Serving size: 250 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1180 kJ 282 Cal	472 kJ 113 Cal
Protein	24.7 g	9.9 g
- gluten	0 mg	0 mg
Fat, total	10.4 g	4.2 g
- saturated	5.7 g	2.3 g
Carbohydrate	23.3 g	9.3 g
- sugars	5.8 g	2.3 g
Dietary Fibre	3.6 g	1.4 g
Sodium	534 mg	214 mg

MYLKFoodStore

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Made in New Zealand from local and imported ingredients