

LAMB HOT POT

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: Lamb Casserole [Lamb, Onion, Carrot, Real Beef Stock (beef, water, chicken, carrots, onions, red wine, tomatoes, celery, herbs, spices), Maize Starch, Water, reconstituted apple juice, tomato puree(water, tomato paste), salt, apple cider vinegar, molasses, spices, food acids(acetic, citric), colour (150d), natural flavours, Tomato Paste, red cooking wine(red wine, salt, natural flavour, preservatives 202,220), Iodised Salt, Black Pepper], Potato, Mainland Butter, Parmesan Cheese (Milk, salt, cultures, enzymes(rennet, lipase), anticaking agent(460), preservative (200)).

Contains: Milk, Sulphites

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

NUTRITION INFORMATION

Servings per package: 1

Serving size: 250 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1860 kJ 445 Cal	744 kJ 178 Cal
Protein	29.8 g	11.9 g
- gluten	0 mg	0 mg
Fat, total	26.4 g	10.5 g
- saturated	14.6 g	5.8 g
Carbohydrate	24.8 g	9.9 g
- sugars	6.6 g	2.6 g
Dietary Fibre	3.3 g	1.3 g
Sodium	474 mg	190 mg

MYLK Food Store

95 Ford Road

Made in New Zealand from local and imported ingredients