

# MOROCCAN LAMB

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:** Lamb, Carrot, Onion, Prunes, Real Beef Stock (beef, water, chicken, carrots, onions, red wine, tomatoes, celery, herbs, spices), red cooking wine(red wine, salt, natural flavour, preservatives 202,220), High Grade Tapioca Starch, Spices, Canola Oil, Salt, Garlic.

**May Contain:** Milk, 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	1340 kJ 320 Cal	535 kJ 128 Cal
Protein	35.0 g	14.0 g
Fat, total	11.4 g	4.6 g
- saturated	3.3 g	1.3 g
Carbohydrate	18.0 g	7.2 g
- sugars	13.8 g	5.5 g
Sodium	424 mg	170 mg

MYLK Food Store  
95 Ford Road  
Onekawa  
Napier

Made in New Zealand from local and imported ingredients