

850 g

ROAST PUMPKIN, FETA AND SPINACH LASAGNE

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: Pumpkin, Full Fat Milk, Crushed tomatoes [Crushed tomatoes, tomato puree, salt, citric acid], Feta (cow's milk, palm oil, salt, lactic cultures, microbial rennet), Spinach Lasagne Sheets (durum wheat semolina, water, dehydrated ground spinach), Spinach, Grated Cheese (Pasteurised cow's milk, salt, vegetarian rennet, dairy cultures, anticaking agent(460, starch), preservative(200)), Mainland Butter, Wheat Flour, Onion, Canola Oil, Carrot, Pumpkin Seed, Brown Sugar, Tomato Paste, Balsamic Vinegar(Wine Vinegar, concentrated grape must, dye, caramel E150d), Celery, Iodised Salt, Garlic, Nutmeg, Cumin Seed.

Contains: Milk, Sulphites, Gluten containing cereals, Gluten (Wheat)

May Contain: Egg

NUTRITION INFORMATION

Servings per package: About 3

Serving size: 250 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1790 kJ 428 Cal	716 kJ 171 Cal
Protein	14.5 g	5.8 g
Fat, total	21.2 g	8.5 g
- saturated	10.3 g	4.1 g
Carbohydrate	41.9 g	16.8 g
- sugars	14.5 g	5.8 g
Dietary Fibre	6.4 g	2.6 g
Sodium	969 mg	388 mg

Made in New Zealand from local and imported ingredients