

THAI BEEF AND POTATO CASSEROLE

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: Beef, Onion, Potato, Real Beef Stock (beef, water, chicken, carrots, onions, red wine, tomatoes, celery, herbs, spices), Brown Sugar, Maize Starch, Garlic, Canola Oil, Lemon Juice, Fish Sauce (Water, Anchovy (30%), salt, sugar), Ginger, Coriander, Iodised Salt, Cumin Seeds, Kaffir Lime Leaf Powder, Lemongrass Powder, Chilli Powder.

Contains: Fish

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	1770 kJ 424 Cal	710 kJ 170 Cal
Protein	43.6 g	17.4 g
Fat, total	20.4 g	8.1 g
- saturated	9.6 g	3.8 g
Carbohydrate	19.6 g	7.8 g
- sugars	9.3 g	3.7 g
Dietary Fibre	2.1 g	0.8 g
Sodium	461 mg	184 mg

MYLK Food Store
95 Ford Road

Made in New Zealand from local and imported ingredients