



### **Cooking Instructions for Frozen Meals, Pies and Tartlets**

#### **Lamb Vegetable & Mint Pie, Venison Bacon & Mushroom Pie, Sweet Potato & Mushroom Pie**

1. Defrost for 12 hours in a fridge – use within 2 days
2. Pre-heat oven to 200°C
3. If you wish to glaze your pie with egg wash / milk for a more golden finish, please do so, but it isn't essential
4. Place on a baking tray and cook in the oven in the plastic casing for 25 – 30 mins or until piping hot in the middle

#### **Chestnut Mushroom & Blue Cheese Tartlet, Smoked Salmon & Chive Tartlet**

1. Defrost for 12 hours in a fridge – use within 2 days
2. Pre-heat oven to 200°C
3. Place on a baking tray and cook in the oven in the foil casing for 10 – 15 mins or until piping hot in the middle

#### **Vegan Meatballs in Tomato and Chilli Sauce**

1. Defrost for 12 hours in a fridge
2. Once defrosted do not refreeze. Use unopened pouch within 5 days, once opened use within 3 days
3. Suitable for heating in a microwave (decant into a suitable container). Cook in full heat until product is 75°C or above (piping hot)
4. Can be heated on the hob in a saucepan with lid on. Cooked for 10 – 15 minutes on a low to medium heat until product is simmering and is 75°C or above (piping hot). Add a little water if necessary.

#### **Chicken Tikka Masala, Beef Bourguignon, Pork Meatballs in Tomato and Chilli Sauce, Chickpea & Sweet Potato Curry**

1. Defrost for 12 hours in a fridge
2. Once defrosted do not refreeze and use within 3 days
3. Heated on the hob in a saucepan with lid on. Cooked for 10 – 15 minutes on a low to medium heat until product is simmering and is 75°C or above (piping hot). Add a little water if necessary.

## Ingredients for Frozen Meals, Tartlets and Pies

### Allergy Advice – For allergens see ingredients in bold and capitals

#### **Vegan Meatballs in Tomato & Chilli Sauce (VEGAN)**

**Ingredients:** Vegan Meatball (**SOYA** mince (water soya protein concentrate, **SOYA** protein isolate, rapeseed oil, pea protein, shea oil, coconut oil, chicory root fibre, thickener(ethyl cellulose), caramelised carrot concentrate, carrot fibre, rice protein, vegetable and fruit extracts (beetroot, radish tomato), yeast extracts, flavouring, carrot concentrate, emulsifier(**SOYA** lecithin), antioxidant(ascorbic acid), salt, vitamins and minerals (niacin, zinc, iron, vitamin B6, vitamin B2, vitamin B1), potato starch, rapeseed oil, water, garlic granules, salt, cracked black pepper, ground fennel powder, dry basil, rosemary powder, dry thyme, dry sage, oregano) (35%), tomatoes (32.5%), onions, tomato sauce (tomato pulp tomato paste, sunflower seed oil, carrot, onion, **CELERY**, salt, sugar, sage, basil, garlic), water, garlic flakes, red wine (red cooking wine, sugar, flavour, salt, acidity regulator (E330), colouring (E150d) preservatives (E202, E242, E224 sulphites) stabilisers (E353 E424)), red chillies, balsamic vinegar [wine vinegar, concentrated grape must, caramel colour (E150d)], garlic Worcestershire sauce (water, spirit vinegar, sugar, tamarind paste, onion, lemon juice, ginger, garlic, chilli, cloves), parsley, salt, caster sugar basil, oregano rapeseed oil, xanthan gum, thyme, vegetable stock base (partially rehydrated vegetables (potato flake, onion, leek), salt, yeast extract, carrot concentrate sugar, sunflower oil, lemon juice concentrate, garlic), black pepper

#### **Beef Bourguignon**

**Ingredients:** Beef (38%), Water, Carrot Mushrooms, Onions, Baby Onions (6%). Red Wine (Red cooking wine, Sugar Flavour Salt. Acidity regulator (E330), colouring (E150d) Preservatives (E202. E242 E224 Sulphites). Stabilisers (E353 E424)). Pancetta Salt. Balsamic Vinegar Caramel Powder Beef Stock Base Rapeseed Oil Xanthan Gum, Caster Sugar. Garlic. Thyme Black Pepper

#### **Chicken Tikka Masala**

**Ingredients:** Chicken thigh (35%). Tomatoes, Onions Water Cream (**MILK**). Red Peppers, Tomato Puree, Garlic, Ginger, Red Chillies, Salt, Lemon Juice, Coriander Leaf, Ground Coriander Seeds, Cumin Garam Masala (Coriander Cumin Black Pepper Cassia Cinnamon Dal Ginger Cloves), Paprika, Turmeric, Rapeseed Oil, Xanthan Gum Cardamom

#### **Chickpea & Sweet Potato Curry (VEGAN)**

**Ingredients:** Tomatoes (22%) Chickpeas (17%), Sweet Potato (17%), Onions, Spinach, Water, Tomato Puree, Garlic Ginger Green Chile, Reduced Sodium Sea Salt, Sugar, Vegetable Stock Base (Partially Rehydrated Vegetables, Salt, Yeast Extract, Carrot Concentrate, Sugar, Sunflower Oil, Lemon Juice Concentrate, Garlic) Coriander, Lemon Juice, Ground Coriander Seeds Cumin, Garam Masala (Coriander, Cumin, Black Pepper, Cassia, Cinnamon, Dill, Ginger, Cloves) Rapeseed Oil, Turmeric, Cumin Seeds, Xanthan Gum, Black Pepper, Chili Powder, Fenugreek, Paprika Extract

#### **Pork Meatballs in Tomato & Chilli Sauce**

**Ingredients:** Pork Meatballs (39%) (Pork 83%, Ciabatta Crumb (**WHEAT** Flour [fortified with Calcium Carbonate, Iron, Thiamin, Niacin], Vegetable Oil [Olive], Yeast, Salt), Water, Lemon Zest 2%, Salt, Thyme 0.25%, Black Pepper). Tomatoes (29%). Onion, Pomodoro Tomato Sauce (6%) (Tomato Pulp, Tomato Paste, Sunflower Seed Oil, Carrot, Onion, **CELERY** Salt, Sugar, Herbs), Water, Garlic flakes, Tomato Puree (1.5%), Red Wine, Red Chillies (1.3%), Balsamic Vinegar, Garlic, Worcestershire Sauce, Parsley, Salt, Caster Sugar, Basil, Oregano, Thyme. Chicken Stock Base, Rapeseed Oil, Black Pepper, Xanthan Gum.

#### **Lamb, Mint and Vegetable Pie (GLUTEN FREE)**

**Ingredients:** Lamb shoulder, lamb mince, carrots, parsnips, potatoes, onions, garlic puree, tomato puree, salt, black pepper, malt extract, maize starch, mint sauce, beef stock (water, beef extract, onion, tomato, carrot extract, herbs, spice, garlic, salt, glucose syrup, flavourings, maltodextrin, yeast extracts, rapeseed oil, colour (caramel), sugar, water, guar gum, potato starch. pastry: rice flour, potato flour, oat flour, brown rice flour, tapioca flour, beef suet, pork fat(lard), xanthan gum, psyllium husk powder, salt, rosemary

#### **Venison, Bacon and Mushroom Pie (GLUTEN FREE)**

**Ingredients:** venison, mushrooms, gammon, carrot, onion, red wine **SULPHITES**, garlic puree, tomato puree, rosemary, salt, black pepper, beef extract, maize starch, malt extract, beef stock (water, beef extract, onion, tomato, carrot extract, herbs, spice, garlic, salt, glucose syrup, flavourings, maltodextrin, yeast extracts, rapeseed oil, colour (caramel) sugar water, guar gum, potato starch. pastry: rice flour, potato flour, oat flour, brown rice flour, tapioca flour, beef suet, pork fat(lard), xanthan gum, psyllium husk powder, salt, rosemary

#### **Sweet Potato, Chestnut Mushroom and Spinach Pie (VEGAN & GLUTEN FREE)**

**Ingredients:** sweet potato, chestnut mushrooms, spinach, potato, onion, coconut milk (coconut extract, corboxy methyl, cellulose, polysorbate, citric acid, sodium metabisulphate (**SULPHITES**), salt, **DIJON MUSTARD**, cayenne, white pepper, rapeseed oil, turmeric, black pepper, maize, guar gum, potato starch. pastry: rice flour, tapioca flour, chickpea flour, potato flour, margarine, palm oil, rape oil, water, emulsifier E471, annatto, curcumin, natural flavouring, xanthan gum

#### **Smoked Salmon and Chive Tartlet (GLUTEN FREE)**

**Ingredients:** **SMOKED SALMON**, Chives, Pasteurised Whole **EGG**, Mature **CHEDDAR**, **FULL CREAM (MILK)** Powder, Onion, White Pepper, salt, thyme, lemon juice, Stabiliser (Modified Starch, cellulose gum, preservative E202, carrageenan) water, pastry: rice flour, tapioca flour, chick pea flour, potato flour, margarine, palm oil, rapeseed oil, water, emulsifier E 471, annatto, curcumin, natural flavouring, xanthan gum, salt.

#### **Chestnut Mushroom and Blue Cheese Tartlet (GLUTEN FREE)**

**Ingredients:** Chestnut Mushroom, **STILTON (MILK)**, **NORBURY BLUE CHEESE (MILK)**, Sage, Thyme, Pasteurised Whole **EGG**, Mature **CHEDDAR (MILK)**, **FULL CREAM (MILK)** Powder, Onion, White Pepper, salt, lemon juice, Stabiliser (Modified Starch, cellulose gum, preservative E202, carrageenan) water. pastry: Rice flour, tapioca flour, chick pea flour, potato flour, margarine (palm oil, rapeseed oil, water, emulsifier E 471, annatto, curcumin, natural flavouring, xanthan gum, salt.