

Code 102 - Roast Beef Dinner

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **4½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 111 - Beef in Ale

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

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Code 112 - Beef in Peppercorn & Brandy Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 113 - Beef Bourguignon & Basmati Rice

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5½ minutes**.
 - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **4½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

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Code 114 - Beef Goulash

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake the pack then heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4½ minutes**.
 - Gently shake the pack then heat on FULL POWER for a further **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

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Code 115 - Beef Stroganoff & Rice

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Peel back film lid of sauce compartment only, gently stir, then re-cover and heat on FULL POWER for **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Peel back film lid of sauce compartment only, gently stir, then re-cover and heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 117 - Beef in Red Wine

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake the pack and heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake the pack and heat on FULL POWER for a further **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 147 - Beef & Ale with Herb Dumplings

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Peel back film lid, gently stir then re-cover and heat on FULL POWER for a further **6 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 800 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Peel back film lid, gently stir then re-cover and heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 153 - Beef & Kidney Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **45-50 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 201 - Minced Beef Hotpot

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake the pack then heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Gently shake the pack then heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 204 - Beef Lasagne

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake the pack then heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Gently shake the pack then heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

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Code 207 - Spaghetti Bolognese

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 208 - Beef & Kidney Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Gently shake the product and heat on FULL POWER for **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake the product and heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

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Code 210 - Beef Steaklet Meal

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **4½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 211 - Cottage Pie Meal

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6½ minutes**.
 - Gently shake pack and heat on FULL POWER for a further **6 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5½ minutes**.
 - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 212 - Rigatoni Bolognese

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Gently shake pack then heat on FULL POWER for a further **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Gently shake pack then heat on FULL POWER for a further **3½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Remove film lid, gently stir and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

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Code 214 - Yorkshire Pudding with Beef

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 700 WATT**
- Remove box and film from Yorkshire Pudding, place on a microwaveable plate. Pierce film lid of pack.
 - Heat filling pack on FULL POWER for **5½ minutes**.
 - Set pack aside, then heat Yorkshire pudding on FULL POWER for **2 minutes**.
 - Remove film lid of pack, and serve in Yorkshire pudding.

- 900 WATT**
- Remove box and film from Yorkshire Pudding, place on a microwaveable plate. Pierce film lid of pack.
 - Heat filling pack on FULL POWER for **4 minutes**.
 - Set pack aside, then heat Yorkshire pudding on FULL POWER for **1½ minutes**.
 - Remove film lid of pack, and serve in Yorkshire pudding.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove box and pierce film lid of pack, place on baking tray. Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).
- Remove packaging from Yorkshire pudding, place on baking tray and cook for **10-15 minutes**.
- Remove film lid of filling and serve in Yorkshire pudding.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 216 - Beef Stew & Dumpling

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

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Code 256 - Chilli Con Carne & Rice

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **4½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **4½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 272 - Beef Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake the pack and heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake the pack and heat on FULL POWER for a further **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 274 - Steak & Ale Hotpot

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake pack then heat on FULL POWER for **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake pack then heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 276 - Minced Beef & Mash

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 285 - Beef & Vegetable Hotpot

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **4½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 298 - Beef Cannelloni

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake the pack then heat on FULL POWER for **4 minutes**.
 - Leave to stand in microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Gently shake the pack then heat on FULL POWER for **4 minutes**.
 - Leave to stand in microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 303 - Corned Beef Hash

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **6 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 800 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- Remove film lid **10 minutes** before the end of the cooking time.
- Serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 304 - Cottage Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **6 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 800 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- Remove film lid **10 minutes** before the end of the cooking time.
- Serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 343 - Beef & Potato Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **6 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 800 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan assisted ovens may vary), stirring occasionally.
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 344 - Shanghai Beef

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **6 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 800 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 361 - Beef in Red Wine with Puff Pastry

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **11 minutes**.
 - Leave to stand in microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **9 minutes**.
 - Leave to stand in microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 379 - Italian Meatballs in Tomato Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **5½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **4½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid, gently stir and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 391 - Minced Beef & Onion Pie with Chips

For best results cook in OVEN from frozen.
Appliances may vary, the following is a guide only.

NOT SUITABLE FOR MICROWAVE COOKING

OVEN

Cooking Instructions

-
- Pre-heat oven to **200°C/400°F, Gas Mark 6.**
- Remove sleeve and lid.
- Remove the pie from the tray, place on baking tray and cook for **10 minutes.**
- Remove baking tray from oven and add chips, cook for a further **30 minutes.**
- Serve.



**Please ensure this meal is piping hot throughout before serving.
Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 399 - Beef Platter

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **6 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 440 - Beef Grill Steak

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving. Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 441 - Beef & Kidney with Puff Pastry

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake the product and heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Gently shake the product and heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 442 - Beef Mince in Gravy

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving. Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 443 - Beef & Vegetable Stew

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 444 - Sliced Beef in Gravy

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving. Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 913 - Beef and Stout Casserole with Dumpling

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Gently shake the pack and heat on FULL POWER for a further **5½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Gently shake the pack and heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary), shaking occasionally.
- Remove film lid, gently stir and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 918 - Cheddar & Ale Topped Beef

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Gently shake pack and heat on FULL POWER for a further **6 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5½ minutes**.
 - Gently shake pack and heat on FULL POWER for a further **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary), shaking occasionally.
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 923 - Beef Pasty & Chips

For best results cook from frozen.

Appliances may vary, the following is a guide only.

NOT SUITABLE FOR MICROWAVE COOKING

OVEN

Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6.**
- Remove sleeve and cardboard lid, place foil tray onto baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 926 - Beef Burger & Chips

For best results cook from frozen.

Appliances may vary, the following is a guide only.

NOT SUITABLE FOR MICROWAVE COOKING

OVEN

Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6.**
- Remove sleeve and cardboard lid, place foil tray onto baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- Serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 939 - Beef Curry & Basmati Rice

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **6 minutes**.
 - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **5 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **5 minutes**.
 - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **45-50 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.