

## 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.**

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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.**

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## 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.**

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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.**

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## 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.**

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## 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.**

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## 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.**

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## 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.**

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## 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.**

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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.**

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## 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.**

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## 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.**

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## 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.**

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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.



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

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## 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.**

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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.**

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## 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.**

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## 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.**

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## 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 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.