

## Code 103 - Roast Pork 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 118 - Pork in Creamy Apple 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 **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 **5 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **3 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 137 - Herb Pork Steak with Thyme 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 **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.

- 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), stirring occasionally.
- Remove film lid, gently stir and serve.



Oakhouse  
FOODS

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## Code 151 - Pork & Vegetable 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 **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 **45-50 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



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## Code 154 - Sausage 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**.
  - Peel back film lid of sauce compartment only, gently stir then re-cover and heat on FULL POWER for **6 minutes**.
  - Leave to stand in the microwave for **1 minute**.

- 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 **5 minutes**.
  - Leave to stand in the microwave for **1 minute**.

### **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 221 - Sausages & 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 **6 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 **6 minutes**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **3 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, gently stir and serve.



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## Code 222 - Pork Faggot & Onion 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 **6½ 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 **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), stirring occasionally.
- Remove film lid, gently stir and serve.



**Please ensure this meal is piping hot throughout before serving.**

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## Code 223 - Yorkshire Pudding with Sausage

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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## Code 224 - Sausages, Chips & Beans

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 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**.
  - Peel back film lid, gently stir then re-cover 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.



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## Code 225 - Pork Steak with Honey & Ginger Sauce

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 the pack and 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 **5 minutes**.
  - Gently shake the pack and then 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.



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## Code 228 - Gammon & Pineapple

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 **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 **35-40 minutes** (fan ovens may vary), shaking occasionally.
- Remove film lid and serve.



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## Code 229 - Sweet & Sour Pork with 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 **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 **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 279 - Bacon, Leek & Mushroom 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 **6½ minutes**.
  - Gently shake the 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 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 **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 307 - Gammon & Cumberland 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 **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), 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 330 - Pork Tenderloin with Dolcelatte Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 750 WATT**
- Remove sleeve and pierce film lid.
  - Heat on FULL POWER for **10½ 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 **9 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.**

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## Code 333 - Quiche Lorraine, Potatoes & Beans

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 **8 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 **7 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 oven may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

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## Code 347 - Highland Sausages & Cheddar 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 **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.**

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## Code 348 - Pork & Lentil 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 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 364 - Honey Glazed Belly Pork

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 pack then heat on FULL POWER for **5 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 **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.

### 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 366 - All Day Breakfast

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 **8½ 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 **7½ 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 **30-35 minutes** (fan oven may vary).
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

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## Code 370 - Spaghetti Carbonara

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 **4½ 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 **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), stirring occasionally.
- Remove film lid, gently stir and serve.



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## Code 378 - Pork in Mushroom & 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 **6 minutes**.
  - Gently shake the 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 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), stirring occasionally.
- Remove film lid, gently stir and serve.



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## Code 392 - Cheese & Ham Omelette 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 **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 **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 394 - Sausage Roll & 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, place on baking tray.
- Cook in the centre of the oven for **25-30 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 397 - Pork Platter

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 **7½ minutes**.
  - Gently shake pack and heat on FULL POWER for a further **7 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 **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.

### 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 912 - Gammon in Wholegrain Mustard 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 **6 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 **40-45 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 917 - Pork & Haggis Sausages with Sage & Onion Gravy

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 **4½ 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), 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.