

## Code 522 - Parisienne Potatoes

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 900 WATT**
- Place approximately 125g of vegetables in a microwaveable bowl and cover.
  - Heat on FULL POWER for **3½ - 4 minutes**.
  - Serve.

### PAN Cooking Instructions

- Add the deep frozen vegetables to boiling water, season to taste and cook over a gentle heat for approx. **6-8 minutes**.



**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 525 - Broccoli

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 900 WATT**
- Place approximately 90g of vegetables in a microwaveable bowl and cover.
  - Heat on FULL POWER for **3 - 3½ minutes**.

### PAN Cooking Instructions

- Add the deep frozen vegetables to boiling water, season to taste and cook over a gentle heat for approx. **6-8 minutes**.



**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 526 - Creamed Leeks

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 750 WATT**
- Place 250g of creamed leek portions into a microwaveable container and cover.
  - Cook on FULL POWER for **2½ minutes**.
  - Remove bowl from microwave and stir well.
  - Re-cover and heat on FULL POWER for a further **2½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Serve.

- 850 WATT**
- Place 250g of creamed leek portions into a microwaveable container and cover.
  - Cook on FULL POWER for **2 minutes**.
  - Remove bowl from microwave and stir well.
  - Re-cover and heat on FULL POWER for a further **2 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Serve.

### PAN Cooking Instructions

- Place 250g of creamed leek portions into a saucepan with 2 tablespoons of water and cover.
- Cook over a moderate heat for **6-8 minutes** stirring occasionally.
- 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 527 - Creamed Spinach

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

- 750 WATT**
- Place 250g of creamed spinach portions into a microwaveable container and cover.
  - Cook on FULL POWER for **2½ minutes**.
  - Remove bowl from microwave and stir well.
  - Re-cover and heat on FULL POWER for a further **2½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Serve.

- 850 WATT**
- Place 250g of creamed spinach portions into a microwaveable container and cover.
  - Cook on FULL POWER for **2 minutes**.
  - Remove bowl from microwave and stir well.
  - Re-cover and heat on FULL POWER for a further **2 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Serve.

### PAN Cooking Instructions

- Place 250g of creamed spinach portions into a saucepan with 2 tablespoons of water and cover.
- Cook over a moderate heat for **6-8 minutes** stirring occasionally.
- 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 542 - Colcannon Mash

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 **3½ 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**.
  - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **3½ 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 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 549 - Sauté Potatoes with Cheese & Rosemary

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 minute**.
  - Gently shake pack and heat on FULL POWER for a further **4½ minute**.
  - 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 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).
- 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 552 - Dauphinoise Potatoes

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 553 - Ratatouille

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 **6 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 **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 556 - Green Vegetables in a Wild Garlic & Herb Butter

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 **2 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Peel back film, gently stir, then heat on FULL POWER for a further **2 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 **2 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Peel back film, gently stir, then heat on FULL POWER for a further **1½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - 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 557 - Cauliflower & Broccoli Cheese

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 **3 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Peel back film, gently stir, then heat on FULL POWER for a further **2 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 **2½ minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Peel back film, gently stir, then heat on FULL POWER for a further **2 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - 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 558 - Roast Potatoes

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

**NOT SUITABLE FOR MICROWAVE COOKING**

### OVEN

### Cooking Instructions

- Pre-heat oven to 240°C/475°F, Gas Mark 9.
- Remove potatoes from bag and place on a baking tray.
- Cook in the centre of the oven for **15-20 minutes** until crisp.



**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 559 - Mashed Potatoes

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking Instructions

**650 WATT** • Place one portion in a covered microwavable bowl and heat on full power for **3 minutes**.

- Serve.

**850 WATT** • Place one portion in a covered microwavable bowl and heat on full power for **2½ minutes**.

- Serve.

### OVEN Cooking Instructions

- Pre-heat oven to 180°C/350°F, Gas Mark 4.

- Cook in a covered pot for **55 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 560 - Baby Carrots

### MICROWAVE Cooking Instructions

- 900 WATT**
- Place approximately 90g of vegetables in a microwaveable bowl and cover.
  - Heat on FULL POWER for **3 - 3½minutes**.
  - Serve.

### PAN Cooking Instructions

- Add the deep frozen vegetables to boiling water, season to taste and cook over a gently heat for approx. **6-8 minutes**.



**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 561 - Petits Pois**

**MICROWAVE** Cooking Instructions

- 900 WATT**
- Place approximately 90g of vegetables in a microwaveable bowl and cover.
  - Heat on FULL POWER for **3 - 3½ minutes**.
  - Serve.

**PAN** Cooking Instructions

- Add the deep frozen vegetables to boiling water, season to taste and cook over a gentle heat for approx. **6-8 minutes**



**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.