

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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.



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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.



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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
	<ul style="list-style-type: none">• 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.



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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.

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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**.



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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**



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Code 562 - Potato & Vegetable Medley

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 **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.

- 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 **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).
- 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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