Code **115** - **Beef Stroganoff**

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 **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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35-40 minutes** (fans 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 **135** - **Bbq Beef Brisket with Potatoes and Carrots**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and continue to 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 and continue to 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes**. • 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 **136** - **Smoked Haddock with Cheese and Sweetcorn**

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 continue to 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**. • Gently shake the pack and continue to 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes**. • 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 **139** - **Chicken and Stuffing Bake**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and continue to 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 pack and continue to 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes**. • 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 **159** - **Cherry Meringue Pie**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Remove dessert from pack and place on a plate.
- Defrost fully at room temperature for approximately 1hour or overnight in a refrigerator.
- If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

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 **160** - **Victoria Sponge Slice**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Remove dessert from pack and place on a plate.
- Defrost fully at room temperature for approximately **1-2 hours** , or overnight in a refrigerator.
- If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

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: 166 - Creamy Leek & Potato Bake

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: **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 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

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **40-45 minutes**.
4. 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 **167 - BBQ Chicken Bake**

For best results cook in OVEN 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 and continue to heat on FULL POWER for **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Gently shake the pack and continue to heat on FULL POWER for **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve and film lid, place on baking tray. • Cook in the centre of the oven for **35-40 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: 168 - Beef Lasagne

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

MICROWAVE Cooking instructions

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

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 minutes**.
4. 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 **173** - **Hunter'S Pie**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and continue to 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**. • Gently shake pack and continue to 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 220ºC/430ºF, Gas Mark 7. • Remove sleeve and film lid, place on baking tray. • Cook in the centre of the oven for **30 minutes**. • Remove the film lid and continue to cook for a further **10 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 **175** - **Chilli Con Carne**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further**5 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further**4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN Cooking Instructions	
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35 - 40 minutes** • 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 **179** - **Chicken Supreme**

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 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35-40 minutes**. • 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 **186** - **Scotch Broth**

Microwave cook only

MICROWAVE Cooking Instructions	
700 WATT	• Remove the plastic OPEN tab on the side of the lid. • Raise the lid slightly on one side of the pot. • Place on a microwaveable plate and heat on FULL POWER for 4 1/**2 minutes**. • Remove lid and using a fork gently loosen the product and then replace the lid leaving one side slightly raised. • Continue to heat on FULL POWER for **3 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove lid, stir and serve.
900 WATT	• Remove the plastic OPEN tab on the side of the lid. • Raise the lid slightly on one side of the pot. • Place on a microwaveable plate and heat on FULL POWER for 3 1/**2 minutes**. • Remove lid and using a fork gently loosen the product and then replace the lid leaving one side slightly raised. • Continue to heat on FULL POWER for **3 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove lid, 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 **195** - **Mini Cheese & Broccoli Pasta**

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**. • Gently shake the pack and continue to 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**. • Gently shake the pack and continue to heat on FULL POWER for a further **2 minutes**. • Leave to stand in the microwave for **1 minutes**. • 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 **198** - **Mini Chicken & Vegetable Ragout**

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 **3½ minutes**. • Leave to stand in the microwave for **1 minute**. • Gently shake pack then heat on FULL POWER for a further **3 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 **3 minutes**. • Leave to stand in the microwave for **1 minute**. • Gently shake pack then heat on FULL POWER for a further **2½ minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve. .
OVEN	Cooking Instructions
	• Pre-heat oven to 200°C/400°F, Gas mark 6. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code **199** - **Spotted Dick**

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions	
700 WATT	• Remove lid and turn pot upside down onto a microwaveable plate. • Heat on FULL POWER for **1½ minutes**. • Leave to stand in the microwave for **1 minute**. • Remove the pot and continue to heat on FULL POWER for **1 minute**. • Serve.
900 WATT	• Remove lid and turn pot upside down onto a microwaveable plate. • Heat on FULL POWER for **1 minute**. • Leave to stand in the microwave for **1 minute**. • Remove the pot and continue to heat on FULL POWER for **1 minute**. • Serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **160ºC/325ºF, Gas Mark 3**. • Remove lid and place on baking tray. • Cook in the centre of the oven for **25-30 minutes** (fan ovens may vary). • Turn pot upside down into a serving bowl, remove pot 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 **200** - **Bread & Butter Pudding**

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions	
700 WATT	• Remove lid and turn pot upside down into a microwaveable bowl. • Heat on FULL POWER for **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove the pot and continue to heat on FULL POWER for **1 minute**. • Serve.
900 WATT	• Remove lid and turn pot upside down into a microwaveable bowl. • Heat on FULL POWER for 2 minute. • Leave to stand in the microwave for **1 minute**. • Remove the pot and continue to heat on FULL POWER for 1/2 minute. • Serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **160ºC/325ºF, Gas Mark 3**. • Remove lid and place on baking tray. • Cook in the centre of the oven for **25-30 minutes**. • Turn pot upside down into a serving bowl, remove pot and serve.

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

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

Code **208** - **Beef & Kidney Pie**

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

MICROWAVE Cooking Instructions	
700 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 **5 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code **211** - **Cottage Pie Meal**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **6 minutes**. • Gently shake pack and heat on FULL POWER for a further **5 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, 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 **218** - **Shepherd'S Pie**

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 **7 minute**. • Gently shake the pack then heat on FULL POWER for **6 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 **5 minute**. • Gently shake the pack then heat on FULL POWER for **5 minute**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, 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 **220** - **Mini Beef Lasagne**

For best results cook in OVEN 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 **3 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 **3 minutes**. • Gently shake pack 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve and film lid, place on baking tray. • Cook in the centre of the oven for **35-40 minutes**. • Remove 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 **221** - **Sausages & Mash**

For best results cook in the OVEN 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 **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 **200ºC/400ºF, 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, 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 **224** - **Sausages, Chips & Beans**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **5 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove Film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove Film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code **226** - **Mini Macaroni 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**. • Gently shake pack and heat on FULL POWER for **3 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 **3 minutes**. • Gently shake pack and heat on FULL POWER for **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes** • 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 **227** - **Chicken & Vegetable Soup**

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

MICROWAVE Cooking Instructions

700 WATT	• Remove the plastic OPEN tab on the side of the lid. • Raise the lid slightly on one side of the pot. • Place on a microwaveable plate and heat on FULL POWER for **4 minutes**. • Remove lid and using a fork gently loosen the product and then replace the lid leaving one side slightly raised. • Continue to heat on FULL POWER for **3 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove lid, Stir and serve.
900 WATT	• Remove the plastic OPEN tab on the side of the lid. • Raise the lid slightly on one side of the pot. • Place on a microwaveable plate and heat on FULL POWER for **3 minutes**. • Remove lid and using a fork gently loosen the product and then replace the lid leaving one side slightly raised. • Continue to heat on FULL POWER for **3 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove lid, 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 **238** - **Strawberry Eton Mess.**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- 1. Remove dessert from pack and place on a plate.
- 2. Defrost fully at room temperature for **1-2 hours** or overnight in a refrigerator.
- If not consumed immediately, place in a sealed container and consume within 24 hours.

If not consumed immediately, place in a sealed container and consume within 24 hours.

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 **244** - **Steak Pie**

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 180ºC/350ºF, Gas Mark 4. • Remove sleeve and film lid, place on baking tray. • Cook in the centre of the oven for 40-50 minutes. • Remove 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 **252** - **Chicken Casserole with Herb Dumpling**

For best results cook in OVEN 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 continue to 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 pack and continue to 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for 35 -**40 minutes**. • 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 **257** - **Butternut Squash and Vegetable Lasagne**

For best results cook in OVEN 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 and continue to 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 pack and continue to 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for 2**5 minutes**. • Remove film lid and continue to cook for 10 -**15 minutes**. • Remove 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 **259** - **Mini Lamb, Redcurrant and Cranberry 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 **3 minutes**. • Gently shake and continue to heat on FULL POWER for **3 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 **3 minutes**. • Gently shake and continue to heat on FULL POWER for **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for 30-**40 minutes**. • 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 **260** - **Mini Chicken and Mushroom 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 **3 minutes**. • Gently shake the pack and continue to heat on FULL POWER for| **3 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 **3 minutes**. • Gently shake the pack and continue to heat on FULL POWER for| **2 minutes**. • Leave to stand in microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for 30-**40 minutes**. • 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 **263** - **Tiramisu**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Remove dessert from pack and place on a plate.
- Defrost fully at room temperature for approximately **1-2 hours** , or overnight in a refrigerator.
- If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

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: 284 - Chicken Breast with Bacon

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: **7 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 1/2 minutes** • Leave to stand in the microwave for: **1 minute** • Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30-35 minutes**.
4. 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 **285** - **Beef & Vegetable 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 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 **200ºC/400ºF, 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 **287** - **Macaroni Cheese with Tomatoes and Bacon**

For best results cook in OVEN 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 and heat on FULL POWER for a further **4 minutes**. • Remove film lid and serve.**1 minute**.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Gently shake the pack and heat on FULL POWER for a further **4 minutes**. • Remove film lid and serve.**1 minute**.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35-40 minutes**, • Remove film lid for the last **15 minutes** 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 **288** - **Vegetable Rigatoni**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for **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 **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes**. • 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 **291** - **Mini Sweet and Sour Chicken & 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 **3 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.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **2½ minutes**. • Gently shake pack and heat on FULL POWER for a further **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes**. • 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 **294** - **Ratatouille**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in 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 microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes**. • 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 **295** - **Mini Sweet & Sour 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 **3 minutes**. • Gently shake pack and heat on FULL POWER for **2½ 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**. • Gently shake pack and heat on FULL POWER for **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35 minutes** • 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	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, 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	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, 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 **305** - **Lancashire Hot Pot**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for **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 **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for 40 - 4**5 minutes**. • 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 **306** - **Fish Pie**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve and film lid, place on 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 **309** - **Mini Faggot, Mash & Peas**

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 **3½ minutes**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for a further **3 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 **3 minutes**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for a further **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code **311** - **Mini Corned Beef Hash**

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**. • Heat on FULL POWER for a further **3 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 **3 minutes**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for a further **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code **312** - **Mini Chicken & Mixed Peppers in Creamy 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 **3½ minutes**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for a further **3 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 **3 minutes**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for a further **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, 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 **314** - **Mini Cumberland Pie**

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**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for a further **3 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 **3 minutes**. • Leave to stand in the microwave for **1 minute**. • 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 **200ºC/400ºF, 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 **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 **317** - **Mini Cauliflower Cheese & Sauté Potatoes**

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**. • Heat on FULL POWER for a further **3 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**. • Heat on FULL POWER for a further **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code **318** - **Mini Gammon & Creamy Onion 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 **3½ minute**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for a further **3 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 **3 minute**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for a further 2 minute. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code: 325 - Vegetable 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.
- Heat on FULL POWER for: **5 minutes**
- Peel back film, stir, re-cover and heat on FULL POWER for a further: **4½ minutes**
- Leave to stand in the microwave for **1 minute**.
- Remove film, stir well and serve.

900 WATT

- Remove sleeve and pierce film.
- Heat on FULL POWER for: **4 minutes**
- Peel back film, stir, re-cover and heat on FULL POWER for a further: **3½ minutes**
- Leave to stand in the microwave for **1 minute**.
- Remove film, stir well and serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **20 minutes**.
4. Peel back film, stir and re-cover and continue heating for a further **15-20 minutes**.
5. Leave to stand for **1 minute**.
6. Remove film, stir well 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 **327** - **Cod & Prawn Bake**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in 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 microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code **329** - **Salmon & Broccoli Bake**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in 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 microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **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 **332** - **Omelette, Chips & Peas**

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 n 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 n 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code **335** **- Mini Italian Style meatballs**

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**. • Peel back film, stir, recover an heat on full power for a further: **3 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 **3 minutes**. • Peel back film, stir, recover an 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30 -35 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code **336** - **Mini Chicken Chasseur**

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 **3½ minutes**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for a further **3 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 **3 minutes**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for a further **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code **338** - **Mini Chicken Tikka Masala**

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**. • Heat on FULL POWER for a further **3 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 **3 minutes**. • Heat on FULL POWER for a further **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code **341** - **Mini Haddock Smokie**

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 **3½ minute**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for a further **3 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 **3 minute**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for a further 2 minute. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code **351** - **Hong Kong Chicken**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for 40-45 (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 **352** - **Hunter'S Chicken**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **5 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code **366** - **All Day Breakfast**

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 **3 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 **3 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 **200ºC/400ºF, 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.
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 **387** - **Chicken Stir-Fry**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary). • Remove film lid, gently stir and serve.

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

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 **392** - **Cheese & Ham Omelette Meal**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Gently shake pack and heat on FULL POWER for a further **3 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve and pierce film lid, peel back chip section only and place on a baking tray. • Cook in the centre of the oven for **30-35 minutes**. • 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 **395** - **Mashed Potato**

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**. • Gently shake pack and continue to heat on FULL POWER for **3 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 **3 minutes**. • Gently shake pack and continue to heat on FULL POWER for **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 **400** - **Cheese and Spring Onion Mashed Potato**

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**. • Gently shake pack and continue to heat on FULL POWER for **3 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 **3 minutes**. • Gently shake pack and continue to heat on FULL POWER for **2 minutes**. • Leave to stand in 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 **407** - **Steak & Kidney Pudding**

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pot lid. • Turn pot upside down onto a microwaveable plate. • Heat on FULL POWER for **3 minutes**. • Leave to stand in microwave for **1 minute**. • Remove and serve.
900 WATT	• Remove sleeve and pot lid. • Turn pot upside down onto a microwaveable plate. • Heat on FULL POWER for **2 minutes**. • Leave to stand in microwave for **1 minute**. • Remove 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 **409** - **Lemon Drizzle Muffin**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Defrost for **2 hours** at room temperature or overnight in a refrigerator.
- If not consumed immediately, cover and transfer to a refrigerator, consume with 24 hours.

If not consumed immediately, cover and transfer to a refrigerator, consume with 24 hours.

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 **410** - **Luxury Salted Caramel Muffin**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Defrost for **2 hours** at room temperature or overnight in a refrigerator.
- If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

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 **413** - **Raspberry & White Chocolate Panna Cotta**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- 1. Remove dessert from pack and place on plate.
- 2. Defrost fully at room temperature for approximately **1-2 hours** or overnight in a refrigerator.
- If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

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 **414** - **Dauphinosie Potatoes**

For best results cook in OVEN 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**. • Gently shake pack and continue to heat on FULLK POWER for **3 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 **3 minutes**. • Gently shake pack and continue to heat on FULLK POWER for **2 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 and pierce film lid, place on a baking tray. • Cook in the centre of the oven for **30-35 minutes**. • 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 **415** - **Chicken, Sage & Onion Yorkshire Pudding**

For best results cook in OVEN 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 continue to heat on FULL POWER for **3 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 **3 minutes**. • Gently shake pack and continue to heat on FULL POWER for **3 minutes**. • Leave to stand in microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve and pierce film lid, place on baking tray. • Cook in the centre of the oven for **30 -35 minutes**. • 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 **417** - **Honey & Mustard Chicken Hotpot**

For best results cook in OVEN 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 1/**2 minutes**. • Gently shake pack and continue to 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 pack and continue to 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve and pierce film lid, place on baking tray. • Cook in the centre of the oven for **35 - 40 minutes**. • 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 **419** - **Smoked Haddock and Bacon Gratin**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and continue to 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 pack and continue to 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve and pierce film lid, place on baking tray. • Cook in the centre of the oven for **30 -35 minutes**. • Remove film lid for the last **10 minutes** of cooking. • Remove 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 **423** - **Pork & Mulled Apple**

For best results cook in OVEN 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 i/**2 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 **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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35-40 minutes** (fans 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 **424** - **Pork with Port & Plum Sauce**

For best results cook in OVEN 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 1/**2 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 **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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35-40 minutes** (fans 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 **466** - **Spaghetti Bolognese**

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 **3½ minute**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for a further **3 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 **3 minutes**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for a further **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, 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, 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 **472** - **Cauliflower 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 **4 minutes**. • Gently shake pack and heat on FULL POWER for a further **3½ 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 **200ºC/400ºF, 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). • 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 **474** - **Steak & Mushroom Pie**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **5 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minutes**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, 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 **477** - **Chicken and Mushroom Pie**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further / 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 minute**. • Gently shake pack and heat on FULL POWER for a further / Peel back film lid, gently stir then re-cover and heat on FULL POWER for **4 minute**. • Leave to stand in the microwave for **1 minutes**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, 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 **489** - **Roasted Vegetable Lasagne**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further / 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**. • Gently shake pack and heat on FULL POWER for a further / 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 **200ºC/400ºF, 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 **491** - **Chocolate Fudge Cake**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- 1. Remove dessert from pack and place on a plate.
- 2. Defrost fully at room temperature for approximately **1-2 hours** or overnight in a refrigerator.
- If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

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 **492** - **Honeycomb & Toffee Cheesecake**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Remove dessert from pack and place on a plate.
- Serve immediately as an ice-cream style dessert or defrost fully at room temperature for 45-60 minutes.
- If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

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 **494** - **Apple and Blackberry Pie**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Remove dessert from pack and place on a plate.
- Defrost fully at room temperature for **3 hours** or overnight in a refrigerator.
- If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

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 **499** - **Cheese & Ham Omelettes**

MICROWAVE Cooking Instructions	
700 WATT	• Remove omelette and place on a microwaveable plate. • Heat on FULL POWER for 31/**2 minutes**. • Remove and serve.
900 WATT	• Remove omelette and place on a microwaveable plate. • Heat on FULL POWER for 2 1/**2 minutes**. • Remove 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 **500** - **Cheese & Tomato Omelettes**

MICROWAVE Cooking Instructions	
700 WATT	• Remove omelette and place on a microwaveable plate. • Heat on FULL POWER for 3 1/**2 minutes**. • Remove and serve.
900 WATT	• Remove omelette and place on a microwaveable plate. • Heat on FULL POWER for 2 1/2 minutes. • Remove 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 **502** - **Mini Cheese and Tomato Macaroni Pasta Bake**

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**. • Gently shake pack and heat on FULL POWER for **3 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 **3 minutes**. • Gently shake pack and heat on FULL POWER for **2 minutes**. • Leave to stand in microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30 -35 minutes**. • 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 **523** - **Sweet & Sour Chicken with 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**. • Gently shake pack and heat on FULL POWER for a further **5 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 1/2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35-40 minutes** • 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 **524** - **Quorn and Vegetable Pie**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and continue to 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 pack and continue to 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve and film lid, place on baking tray. • Cook in the centre of the oven for **35 - 40 minutes**. • Remove 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 **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 **530** - **Cumberland Pie**

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**. • Leave to stand in the microwave for **1 minute**. • 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**. • Leave to stand in the microwave for **1 minute**. • 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 **200ºC/400ºF, 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 20 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 **533** - **Cheese and Red Onion Panini**

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions	
700 WATT	• Allow to defrost in a refrigerator for approx **6 hours**. • Remove all packaging and place on a microwavable plate. • Heat on FULL POWER for50 seconds. • Leave to stand for 30 seconds. • Remove and serve.
900 WATT	• Allow to defrost in a refrigerator for approx **6 hours**. • Remove all packaging and place on a microwavable plate. • Heat on FULL POWER for45 seconds. • Leave to stand for 30 seconds. • Remove and serve.
OVEN	Cooking Instructions
	• Allow to defrost in a refrigerator for approx **6 hours**. • Pre-heat oven to 180ºC/355ºF, Gas Mark 4. • Remove all packaging and place on a baking tray in the centre of the oven for **15 minutes**. • Remove 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 **534** - **Breakfast Panini**

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions	
700 WATT	• Allow to defrost in a refrigerator for approx **6 hours**. • Remove all packaging and place on a microwavable plate. • Heat on FULL POWER for 50 seconds. • Leave to stand for 30 seconds. • Remove and serve.
900 WATT	• Allow to defrost in a refrigerator for approx **6 hours**. • Remove all packaging and place on a microwavable plate. • Heat on FULL POWER for 45 seconds. • Leave to stand for 30 seconds. • Remove and serve.
OVEN	Cooking Instructions
	• Allow to defrost in a refrigerator for approx **6 hours**. • Pre-heat oven to 180ºC/355ºF, Gas Mark 4. • Cook from defrost in its own packaging. • Cook in the centre of the oven for 20 minutes. • Remove 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**. • Gently shake pack and 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**. • Gently shake pack and 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 **579** - **Mini Liver and Onions**

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**. • Heat on FULL POWER for **3 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 1/**2 minutes**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for 2 1/**2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **25-30 minutes**. • 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 **581** - **Mini Macaroni Cheese and Pulled Ham**

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**. • Peel back film lid, gently stir then re-cover and heat on FULL POWER for **3 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 **3 minutes**. • Peel back film lid, gently stir then re-cover and heat on FULL POWER for **2 minutes**. • Leave to stand in microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **20-25 minutes**. • Remove film lid and cook for **5 minutes** for cheese to golden. • Remove 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 **587** - **Strawberry Tart**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Remove dessert from pack and place on a plate.
- Defrost fully at room temperature for approximately **1-2 hours** or overnight in a refrigerator.
- If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

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 **588** - **Tuna and Red Onion Panini**

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions	
700 WATT	• Remove panini and place on a microwaveable plate. • Cook in the microwave on FULL POWER for 50 seconds. • Leave to stand for **1 minute**. • Remove and serve.
900 WATT	• Remove panini and place on a microwaveable plate. • Cook in the microwave on FULL POWER for 45 seconds. • Leave to stand for **1 minute**. • Remove and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to 190ºC/375ºF, Gas Mark 5. • Remove and place on baking tray. • Cook in the centre of the oven for 20 minutes. • Remove 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 **592** - **Salmon in White Wine**

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 **7 minutes**. • Peel back film lid, gently stir then re-cover and heat on FULL POWER for **6 minutes**. • Leave to stand in microwave for **1 minute**. • Remove film lid, gently stir 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 **6 minutes**. • Leave to stand in microwave for **1 minute**. • Remove film lid, gently stir and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for 35 -**40 minutes**. • 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 **596** - **Pork Faggot with Mashed Potato & Peas**

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 1/**2 minutes**. • Gently shake the pack 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 1/**2 minutes**. • Gently shake the pack 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35-40 minutes**. • 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 **605** - **Gluten Free Cumberland Pork Sausages**

NOT SUITABLE FOR MICROWAVE COOKING

PAN	Cooking Instructions
	• DEFROST thoroughly in a refrigerator for 8-10 hours. • Fry in a little oil on a medium heat, turning occasionally for 15-1**6 minutes**. • Remove 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 **608** - **Jam Sponge & Custard**

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions	
750 WATT	• Remove lid and turn pot upside down into a microwavable bowl. • Heat on FULL POWER for **2½ minutes**. • Leave to stand in the microwave for **1 minute**. • Remove the pot and serve.
900 WATT	• Remove lid and turn pot upside down into a microwavable bowl. • Heat on FULL POWER for **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove the pot and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **160ºC/325ºF, Gas Mark 3**. • Remove lid and place on baking tray. • Cook in the centre of the oven for **20-25 minutes** (fan ovens may vary). • Turn pot upside down into a serving bowl, remove pot 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: 609 - Apple Crumble & Sponge

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** • Gently shake pack and 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** • Gently shake pack and heat on FULL POWER for a further: **1½ 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 **25-30 minutes** (fan ovens may vary). • Leave to stand 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 **614 - White Sliced Loaf**

Defrost & Serve.

DEFROSTING Instructions

- Defrost whole loaf at room temperature for **2-3 hours** .
- Alternatively only remove the slices required from the freezer, cover and defrost for approximately **30 minutes**.

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.

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Code **616** -Sweet & Sour Pork with 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 **5 minutes**. • Peel back film lid, add 2 tablespoons of water to rice and stir both compartments. 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 **4 minutes**. • Peel back film lid, add 2 tablespoons of water to rice and stir both compartments. Re-cover and 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35-40 minutes** • 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 **620** - **Rice Pudding**

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 **1½ minutes**. • Peel back film lid, gently stir then re-cover and heat on FULL POWER for **1½ 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 **1 minutes**. • Peel back film lid, gently stir then re-cover and heat on FULL POWER for **1½ minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **15-20 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 **625** - **Treacle Pudding**

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions	
700 WATT	• Remove lid and turn pot upside down onto a microwavable plate. • Heat on FULL POWER for **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove pot and serve.
900 WATT	• Remove lid and turn pot upside down onto a microwavable plate. • Heat on FULL POWER for 1 1/2 minute. • Leave to stand in the microwave for **1 minute**. • Remove pot and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **160ºC/325ºF, Gas Mark 3**. • Remove lid and place on baking tray. • Cook in the centre of the oven for **20 - 25 minutes** (fan ovens may vary). • Turn pot upside down into a serving bowl, remove pot 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 **626** - **Sticky Toffee Pudding**

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions	
750 WATT	• Remove lid and turn pot upside down onto a microwaveable plate. • Heat on FULL POWER for **1½ minutes**. • Leave to stand in the microwave for **1 minute**. • Remove the pot and serve.
900 WATT	• Remove lid and turn pot upside down onto a microwaveable plate. • Heat on FULL POWER for **1 minute**. • Leave to stand in the microwave for **1 minute**. • Remove the pot and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **160ºC/325ºF, Gas Mark 3**. • Remove lid and place on baking tray. • Cook in the centre of the oven for **20-25 minutes** (fan ovens may vary). • Turn pot upside down into a serving bowl, remove pot 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 **627** - **Lemon Pudding with Lemon Custard**

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions	
700 WATT	• Remove lid and turn pot upside down onto a microwaveable plate. • Heat on FULL POWER for **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove pot and serve.
900 WATT	• Remove lid and turn pot upside down onto a microwaveable plate. • Heat on FULL POWER for 1 1/**2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove pot and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **160ºC/325ºF, Gas Mark 3**. • Remove lid and place on a baking tray. • Cook in the centre of the oven for **20-25 minutes** (fan ovens may vary). • Turn pot upside down into a serving bowl, remove pot 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 **632** - **Rhubarb Crumble**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve, pierce film lid and place on a microwaveable plate. • Heat on FULL POWER for **2 minutes**. • Leave to stand in microwave for **1 minute**. • Heat on FULL POWER for a further **1½ minutes**. • Remove film lid and serve.
900 WATT	• Remove sleeve, pierce film lid and place on a microwaveable plate. • Heat on FULL POWER for **2 minutes**. • Leave to stand in microwave for **1 minute**. • Heat on FULL POWER for a further **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, 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 **633** - **Apple Crumble**

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 **2 minutes**. • Leave to stand in microwave for **1 minute**. • Heat on FULL POWER for a further **1½ 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 microwave for **1 minute**. • Heat on FULL POWER for a further **1 minute**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **25-30 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 **638** - **Rhubarb & Custard**

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions	
700 WATT	• Remove lid and place loosely on top of pot. • Place on microwaveable plate and heat on FULL POWER for **3 minutes**. • Leave to stand in the microwave for **1 minute**. • Serve.
900 WATT	• Remove lid and place loosely on top of pot. • Place on microwaveable plate and heat on FULL POWER for **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **160ºC/325ºF, Gas Mark 3**. • Remove lid and place on baking tray. • Cook in the centre of 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 **640** - **Jacket 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. • Cook on FULL POWER for **8 minutes**. • Leave to stand in the microwave for **2 minutes**. • Serve.
850 WATT	• Remove sleeve and pierce film lid. • Cook on FULL POWER for **5 minutes**. • Leave to stand in the microwave for **2 minutes**. • Serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **220ºC/425ºF, Gas Mark 7**. • Remove all packaging, place potato on a baking tray in the centre of the oven for **45-50 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 **657** - **Beef Bourguignon**

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 **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 pack and heat on FULL POWER for **4 minute**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in centre of the oven for **40-45 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code **658** - **Coq Au Vin**

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 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 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for approximately **40-45 minutes**. (fan ovens may vary). • Remove film lid and serve.

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

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

Code **660** - **Spaghetti Bolognese**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Gently shake pack and heat on FULL POWER for a further **3 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, 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). • 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 **663** - **Liver & Onions**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **6 minutes**. • Gently shake pack and heat on FULL POWER for a further **5 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, 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). • 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 **667** - **Luxury Steak Diane**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **5 minutes**. • Leave to stand in microwave for **1 minute**. • Remove film 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 microwave for **1 minute**. • Remove film and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for 40 - 4**5 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 **668** - **Beef & Wild Mushroom Lasagne**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **5 minutes**. • Leave to stand in the microwave for **1 minute** . • Remove film lid and serve .
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve .
OVEN Cooking Instructions	
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve and film lid, place on 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 **684** - **Smoked Haddock Florentine**

For best results cook in OVEN 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 ½ minutes. • Gently shake pack and heat on FULL POWER for a further 5 ½ 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 ½ 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for 40 - 4**5 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 **701** - **Strawberry Gateau**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Remove dessert from pack and place on a plate.
- Defrost fully at room temperature for approximately **1-2 hours** or overnight in a refrigerator.
- If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

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Code **702** - **Black Forest Gateau**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Remove dessert from pack and place on a plate.
- Defrost fully at room temperature for approximately **1-2 hours** or overnight in a refrigerator.
- If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

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Code **704** - **Raspberry Trifle**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Remove lid from pot.
- Defrost fully at room temperature for approximately **1-2 hours** or overnight in a refrigerator.
- If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

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 **712** - **Mini Chocolate Eclairs**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Remove required number of eclairs from pack and arrange on a serving dish.
- Allow to defrost for at least **1 hour** at room temperature or at least **3 hours** in the refrigerator.
- If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

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Code **732** - **Lemon Meringue Pie**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Remove dessert from pack and place on a plate.
- Defrost fully at room temperature for approximately **1 hour** or in a refrigerator for approximately **6 hours**.
- If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

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 **742** - **Sherry Trifle**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Remove lid from pot.
- Defrost fully at room temperature for approximately **1-2 hours** or overnight in a refrigerator.
- If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

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 **753** - **Bramley Apple Pie**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- 1. Remove dessert from pack and place on a plate.
- 2. Defrost fully at room temperature for **3 hours** or overnight in a refrigerator.
- 3. If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

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 **771** - **Cherry Sponge with Custard**

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions	
700 WATT	• Remove lid and place loosely on top of pot. • Heat on FULL POWER for **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove the pot and serve.
900 WATT	• Remove lid and place loosely on top of pot. • Heat on FULL POWER for 1 1/**2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove the pot and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **160ºC/325ºF, Gas Mark 3**. • Remove lid and place on baking tray. • Cook in the centre of the oven for **20-25 minutes** (fan ovens may vary). • Turn pot upside down into a serving bowl, remove pot 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 **817** - **Clotted Cream Vanilla Ice Cream**

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

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.

V1 0909

Code **818** - **Chunky Ginger Ice Cream**

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

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.

V1 0909

Code **819** - **Clotted Cream & Strawberry Ice Cream**

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

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.

V1 0909

Code **822** - **Chocolate Fudge Ice Cream**

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

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.

V1 0909

Code **823** - **Rum & Raisin Ice Cream**

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

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 **824** - **Honeycomb Ice Cream**

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

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 **826** - **Raspberry Sorbet**

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

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 **830** - **Olde English Lemon Tart**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Remove dessert from pack and place on a plate.
- Defrost fully at room temperature for approximately **1 hour** or in a refrigerator for approximately **6 hours**.
- If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

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 **841** - **Chicken & Cider 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 and heat on FULL POWER for a further **5 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minutes**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **25-30 minutes**. • 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 **842** - **Salmon Pasta Bake**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further 5 1/**2 minutes**. • Remove film lid and serve.**1 minute**.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further 4 1/**2 minutes**. • Remove film lid and serve.**1 minute**.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35-40 minutes**, 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 **848** - **Mini Tuna Pasta Bake**

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 **3 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 **3 minutes**. • Gently shake pack and heat on FULL POWER for a further **3 minutes**. • Leave to stand in the microwave for **1 minutes**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **25-30 minutes**. • 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 **850** - **Mini All Day Breakfast**

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 **3 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 **3 minutes**. • Gently shake pack and heat on FULL POWER for a further **3 minutes**. • Leave to stand in the microwave for **1 minutes**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **25-30 minutes**. • 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 **851** - **Beef and Vegetable 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 **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.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **3 minutes**. • Gently shake pack and heat on FULL POWER for a further **3 minutes**. • Leave to stand in the microwave for **1 minutes**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **25-30 minutes**. • 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 **858** - **Mini Shepherd'S Pie**

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 continue to heat on FULL POWER for **3 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 **3 minutes**. • Gently shake pack and continue to 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **25-30 minutes**. • 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 **859** - **Irish Cream Cheesecake**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Remove dessert from pack and place on a plate.
- Defrost fully at room temperature for approximately **1-2 hours** , or overnight in a refrigerator.
- If not consumed immediately,cover and place in a refrigerator, consume within 24 hours.

If not consumed immediately,cover and place in a refrigerator, consume within 24 hours.

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: 860 - Blackcurrant Cheesecake

Defrost & Serve.

DEFROST instructions

- Remove dessert from pack and place on a plate.
- Defrost fully at room temperature for approximately 1-2 hours, or overnight in a refrigerator.
- If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

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 **875** - **Italian Meatballs in Tomato Sauce**

For best results cook in OVEN 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 and heat on FULL POWER for a further **4 minutes**. • Remove film lid and serve.**1 minute**. • Serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Gently shake the pack and heat on FULL POWER for a further **4 minutes**. • Remove film lid and serve.**1 minute**. • Serve.
OVEN Cooking Instructions	
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve and film lid, place on baking tray. • Cook in the centre of the oven for **35 - 40 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 **879** - **Chicken in Mushroom 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 **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **5 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to 200ºC35F, Gas Mark 6. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for 30-**40 minutes** • 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 **883** - **Breaded Scampi & 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 **220ºC/425ºF, Gas Mark 7**. • Remove sleeve and lid, place on baking tray. • Cook in the centre of the oven for 25 - **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 **887** - **Spaghetti Carbonara**

For best results cook in OVEN 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 and heat on FULL POWER for a further **4 minutes**. • Leave to stand 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 and heat on FULL POWER for a further **4 minutes**. • Leave to stand for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve and film lid, place on baking tray. • Cook in the centre of the oven for **35 - 40 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 **889** - **Macaroni Cheese**

For best results cook in OVEN 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 and heat on FULL POWER for a further **4 minutes**. • Remove film lid and serve.**1 minute**.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Gently shake the pack and heat on FULL POWER for a further **4 minutes**. • Remove film lid and serve.**1 minute**.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve film lid, place on baking tray. • Cook in the centre of the oven for **35-40 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 **895** - **Mini Cottage Pie**

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**. • Leave to stand in microwave for **1 minute**. • Heat on FULL POWER for **3 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 **3 minutes**. • Leave to stand in microwave for **1 minute**. • Heat on FULL POWER for **3 minutes**. • Leave to stand in microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes**. • 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 **929** - **Mini Sausages & 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 **3½ minutes**. • Leave to stand in the microwave for **1 minute**. • 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.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **3 minutes**. • Leave to stand in the microwave for **1 minute**. • Gently shake pack and heat on FULL POWER for a further **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN Cooking Instructions	
	• Pre-heat oven to 200°C/400°F, Gas mark 6. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code **942** - **Mini Chilli Con Carne & 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 **3 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.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **3 minutes**. • Gently shake pack and heat on FULL POWER for a further **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, 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 **943** - **Mini Vegetable Lasagne**

For best results cook in OVEN 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**. • Heat on FULL POWER for a further **3 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 **3 minutes**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for a further **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN Cooking Instructions	
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve and film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code **944** - **Cumberland Sausage with Colcannon Mash & 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 **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 **200ºC/400ºF, 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 **966** - **Banoffee Pie**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Remove dessert from the pack and place on a plate
- Defrost fully at room temperature for **1-2 hours** or overnight in a refrigerator.
- If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

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Code **975** - **Apple, Sultana and Cinnamon Porridge**

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

MICROWAVE Cooking Instructions

700 WATT	• Remove the plastic OPEN tab on the side of the lid. • Raise the lid slightly on one side of the pot. • Place on a microwaveable plate and heat on FULL POWER for **3 minutes**. • Remove lid and using a fork gently loosen the product and then replace the lid leaving one side slightly raised. • Continue to heat on FULL POWER for 2 1/**2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove lid, stir and serve.
900 WATT	• Remove the plastic OPEN tab on the side of the lid. • Raise the lid slightly on one side of the pot. • Place on a microwaveable plate and heat on FULL POWER for **3 minutes**. • Remove lid and using a fork gently loosen the product and then replace the lid leaving one side slightly raised. • Continue to heat on FULL POWER for 1 1/**2 minutes**. • Leave to stand in the microwave for 1 minute. • Remove lid, 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 **984** - **Cherry Pie**

Defrost & Serve.

THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING Instructions

- Remove dessert from pack and place on a plate.
- Defrost fully at room temperature for approximately **1-2 hours** .
- If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

If not consumed immediately, cover and place in a refrigerator, consume within 24 hours.

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 **988** - **Carrot and Coriander Soup**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove the plastic OPEN tab on the side of the lid. • Raise the lid slightly on one side of the pot. • Place on a microwaveable plate and heat on FULL POWER for **4 minutes**. • Remove lid and using a fork gently loosen the product and then replace the lid leaving one side slightly raised. • Continue to heat on FULL POWER for **3-4 minutes**. • Leave to stand in the mocrowave for **1 minute**. • Remove lid, stir and serve.
900 WATT	• Remove the plastic OPEN tab on the side of the lid. • Raise the lid slightly on one side of the pot. • Place on a microwaveable plate and heat on FULL POWER for **3 minutes**. • Remove lid and using a fork gently loosen the product and then replace the lid leaving one side slightly raised. • Continue to heat on FULL POWER for **3-4 minutes**. • Leave to stand in the mocrowave for **1 minute**. • Remove lid, 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 **993** - **Ham, Cheddar & Wholegrain Mustard Panini.**

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions	
700 WATT	• Cook from defrost in its original packaging. • Heat on FULL POWER for 50 seconds. • Leave to stand for **1 minute**. • Remove and serve.
900 WATT	• Cook from defrost in its original packaging. • Heat on FULL POWER for 45 seconds. • Leave to stand for **1 minute**. • Remove and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to 190ºC/375ºF, Gas Mark 5. • Cook from defrost in its original packaging • Place on a baking tray in the centre of the oven for 20 minutes. • Remove 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: 1000 - Mini Roast Beef Dinner

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** • 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.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for: **3 minutes** • Gently shake pack and heat on FULL POWER for a further: **2 minutes** • Leave to stand in the microwave for: **1 minute** • Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30-35 minutes**.
4. 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 **1001 - Mini Roast Chicken Dinner**

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**. • 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.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **3 minutes**. • Gently shake pack and heat on FULL POWER for a further **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, 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 **1002 - Mini Roast Lamb Dinner**

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**. • Gently shake pack and heat on FULL POWER for a further **2½ 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**. • Gently shake pack and heat on FULL POWER for a further **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, 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 **1003 - Mini Roast Pork Dinner**

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**. • 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.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **3 minutes**. • Gently shake pack and heat on FULL POWER for a further **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code **1004 - Mini Roast Turkey Dinner**

For Best results cook from frozen.
Appliance 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 and heat on FULL POWER for a further **3 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 **3 minutes**. • Gently shake pack and heat on FULL POWER for a further **2 minutes**. • Leave to stand in the microwave for **1minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code: 1005 - Mini Vegetarian Roast Dinner

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 mins** • Gently shake pack and heat on FULL POWER for a further: **3 mins** • Leave to stand in the microwave for: **1 min** • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for: **3 mins** • Gently shake pack and heat on FULL POWER for a further: **2½ mins** • Leave to stand in the microwave for: **1 min** • Remove film lid and serve.
OVEN Cooking instructions	
	• Pre-heat oven to **200°C/400°F, Gas Mark 6.** • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary). • Remove film lid and serve.

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

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

Code: 1006 - Mini Chicken Supreme

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: **3½ minutes** • Leave to stand in the microwave for: **1 minute** • Heat on FULL POWER for a further: **3 minutes** • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for: **3 minutes** • Leave to stand in the microwave for: **1 minute** • Heat on FULL POWER for a further: **2 minutes** • Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35 minutes**.
4. Remove film, stir well 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: 1007 - MINI Salmon & Broccoli Bake

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: **3 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: **3 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
1. Pre-heat oven to 200°C/400°F, Gas mark 6. 2. Remove sleeve, pierce film lid, place on baking tray. 3. Cook in the centre of the oven for **35 minutes**. 4. Remove film, stir well.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: 1008 - Mini Chicken & Mushroom Pie

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** • 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.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for: **3 minutes** • Gently shake pack and heat on FULL POWER for a further: **2 minutes** • Leave to stand in the microwave for: **1 minute** • Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35 minutes**.
4. Remove film, stir well.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: 1010 - Mini Chinese Style Chicken Noodles

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: **3½ minutes** • Peel back film, add 1 tablespoon of water, stir, recover an heat on full power for a further: **3 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** • Peel back film, add 1 tablespoon of water, stir, recover an heat on full power for a further: **2½ minutes** • Leave to stand in the microwave for: **1 minute** • Remove film lid and serve.

OVEN Cooking instructions
1. Pre-heat oven to 200°C/400°F, Gas mark 6. 2. Remove sleeve, pierce film, place on baking tray. 3. Heat in the centre of the oven for **20 minutes**. 4. Peel back film, stir and re-cover. Continue heating for a further **20 minutes**. 5. Leave to stand for **1 minute**. 6. Remove film, stir well 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: 1011 - Mini Vegetable Sweet & Sour

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** • 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.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for: **3 minutes** • Gently shake pack and heat on FULL POWER for a further: **2 minutes** • Leave to stand in the microwave for: **1 minute** • Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35 minutes**.
4. Remove film, stir well 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: 1012 - MINI Sausages, Beans & Chips

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: **3½ minutes** • Leave to stand in the microwave for: **1 minute** • 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.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for: **3 minutes** • Leave to stand in the microwave for: **1 minute** • Gently shake pack and heat on FULL POWER for a further: **2 minutes** • Leave to stand in the microwave for: **1 minute** • Remove film lid and serve.
OVEN Cooking instructions	
	1. Pre-heat oven to 200°C/400°F, Gas mark 6. 2. Remove sleeve, pierce film lid, place on baking tray. 3. Cook in the centre of the oven for **35 minutes**. 4. Remove film 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: 1015 - Mini Mushroom Stroganoff with 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.
- Heat on FULL POWER for: **3½ minutes**
- Peel back film, stir, re-cover and heat on FULL POWER for a further: **3 minutes**
- Leave to stand in the microwave for **1 minute**.
- Remove film, stir well and serve.

900 WATT

- Remove sleeve and pierce film.
- Heat on FULL POWER for: **2½ minutes**
- Peel back film, stir, re-cover and heat on FULL POWER for a further: **2½ minutes**
- Leave to stand in the microwave for **1 minute**.
- Remove film, stir well and serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **20 minutes**.
4. Peel back film, stir and re-cover. Continue heating for a further **15 minutes**.
5. Leave to stand for **1 minute**.
6. Remove film, stir well 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: 1016 - MINI Vegetable 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: **3½ minutes** • Peel back film, stir, recover an heat on full power for a further: **3½ 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** • Peel back film, stir, recover an heat on full power for a further: **2½ minutes** • Leave to stand in the microwave for: **1 minute** • Remove film lid and serve.

OVEN Cooking instructions
1. Pre-heat oven to 200°C/400°F, Gas mark 6. 2. Remove sleeve, pierce film, place on baking tray. 3. Heat in the centre of the oven for **20 minutes**. 4. Peel back film, stir and re-cover. Continue heating for a further **15 minutes**. 5. Leave to stand for **1 minute**. 6. Remove film, stir well 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: 1017 - Mini Fish Pie

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: **3 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: **3 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
1. Pre-heat oven to 200°C/400°F, Gas mark 6. 2. Remove sleeve, pierce film lid, place on baking tray. 3. Cook in the centre of the oven for **30-35 minutes**. 4. 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: 1025 - Mini Steak & Mushroom Pie

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. • Heat on FULL POWER for: **3 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, stir well and serve.
900 WATT	• Remove sleeve and pierce film. • Heat on FULL POWER for: **3 minutes** • Gently shake pack and heat on FULL POWER for a further: **2 minutes** • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **35 minutes**.
4. 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: 1026 - Mini Lamb 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.
- Heat on FULL POWER for: **3 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, stir well and serve.

900 WATT

- Remove sleeve and pierce film.
- Heat on FULL POWER for: **3 minutes**
- Gently shake pack and heat on FULL POWER for a further: **2 minutes**
- Leave to stand in the microwave for **1 minute**.
- Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **30-40 minutes**.
4. 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: 1028 - Mini Naan Bread (2)

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

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove all packaging and sprinkle water over the naans.
3. Place naans on baking tray.
4. Heat in the centre of the oven for **3-4 minutes**.
5. Leave to stand for **1 minute**.
6. Serve and enjoy.

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: 1029 - Mini Lancashire 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. • 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, stir well and serve.
900 WATT	• Remove sleeve and pierce film. • Heat on FULL POWER for: **3 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

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **25-30 minutes**.
4. 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: 1030 - Hunter's Chicken Panini

For best results cook from frozen. Allow to defrost in a refrigerator for approx - 6 hours, Appliances may vary, the following is a guide only.

MICROWAVE Cooking instructions

700 WATT	• Remove all packaging and place on a microwavable plate • Heat on FULL POWER for: **2 minutes** • Leave to stand in microwave for **1 minute** • Serve.
900 WATT	• Remove all packaging and place on a microwavable plate • Heat on FULL POWER for: **1 ½ minutes** • Leave to stand in microwave for **1 minute** • Serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove all packaging and place on a baking tray.
3. Heat in the centre of the oven for **15 minutes**.
4. Remove 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: 1031 - Ham & Cheese Toastie

For best results cook from frozen. Allow to defrost in a refrigerator for approx - 6 hours, Appliances may vary, the following is a guide only.

MICROWAVE Cooking instructions

700 WATT	• Remove all packaging and place on a microwavable plate • Heat on FULL POWER for: **50 seconds** • Leave to stand in microwave for **1 minute**. • Serve.
900 WATT	• Remove all packaging and place on a microwavable plate • Heat on FULL POWER for: **45 seconds** • Leave to stand in microwave for **1 minute**. • Serve.

OVEN Cooking instructions

1. Pre-heat oven to 170°C/335°F, Gas mark 4.
2. Remove all packaging and place on a baking tray.
3. Heat in the centre of the oven for **15-20 minutes**.
4. Remove 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: 1040 - Mini Steak & Ale Pie

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. • Heat on FULL POWER for: **3 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, stir well and serve.
900 WATT	• Remove sleeve and pierce film. • Heat on FULL POWER for: **3 minutes**. • Gently shake pack and heat on FULL POWER for a further: **2 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **30-35 minutes**.
4. 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: 1041 - Mini Cheese & Onion Pie

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.
- Heat on FULL POWER for: **3 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, stir well and serve.

900 WATT

- Remove sleeve and pierce film.
- Heat on FULL POWER for: **3 minutes**.
- Gently shake pack and heat on FULL POWER for a further: **2 minutes**.
- Leave to stand in the microwave for **1 minute**.
- Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **30-35 minutes**.
4. 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: 1042 - Cheese Toastie

For best results cook from frozen. Allow to defrost in a refrigerator for approx - 6 hours, Appliances may vary, the following is a guide only.

MICROWAVE Cooking instructions

700 WATT	• Remove all packaging and place on a microwavable plate. • Heat on FULL POWER for: **50 seconds**. • Leave to stand in microwave for **30 seconds**. • Serve.
900 WATT	• Remove all packaging and place on a microwavable plate. • Heat on FULL POWER for: **45 seconds**. • Leave to stand in microwave for **30 seconds**. • Serve.

OVEN Cooking instructions

1. Allow to defrost for 6 hours in the refrigerator.
2. Pre-heat oven to 180˚C/350˚F/Gas Mark 4.
3. Remove all packaging and place on a baking tray.
4. Heat in the centre of the oven for **15-20 minutes**.
5. 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: 1050 - Mini Chicken Fillet Cassoulet

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**.
- 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.

900 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for **3 minutes**.
- Gently shake pack and heat on FULL POWER for a further **2 minutes**.
- Leave to stand in the microwave for **1 minute**.
- Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6. Fan ovens may vary.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30-35 minutes**.
4. 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: 1054 - Mini Chicken Tikka Masala

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**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **4 minutes**.
- Serve.

900 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for **3 minutes**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **3 minutes**.
- Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **15 minutes**.
4. Remove film lid and cook for a further **15 minutes**.
5. 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: 1055 - Mini Hunters Chicken

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**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **4 minutes**.
- Serve.

900 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for **3 minutes**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **3 minutes**.
- Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **15 minutes**.
4. Remove film lid and cook for a further **15 minutes**.
5. 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: 1056 - Mini Mushroom Stroganoff

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**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **4 minutes**.
- Serve.

900 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for **3 minutes**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **3 minutes**.
- Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **15 minutes**.
4. Remove film lid and cook for a further **15 minutes**.
5. 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: 1057 - Mini Vegetable 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 **4 minutes**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **4 minutes**.
- Serve.

900 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for **3 minutes**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **3 minutes**.
- Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **15 minutes**.
4. Remove film lid and cook for a further **15 minutes**.
5. 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: 1058 - Mini Chicken Cacciatore with Olives

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**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **3 minutes**.
- Serve.

900 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for **3 minutes**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **3 minutes**.
- Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **15 minutes**.
4. Remove film lid and cook for a further **15 minutes**.
5. 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: 1059 - Mini Chicken in White Wine & Garlic

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**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **3 minutes**.
- Serve.

900 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for **3 minutes**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **3 minutes**.
- Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **15 minutes**.
4. Remove film lid and cook for a further **15 minutes**.
5. 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 1065 - Mini Chicken with Mashed Potato

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for **4 mins**.
3. Leave to stand in the microwave for **1 min**.
4. Remove film lid and heat on FULL POWER for a further **4 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for **3 mins**.
3. Leave to stand in the microwave for **1 min**.
4. Remove film lid and heat on FULL POWER for a further **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan/200°C, Gas Mark 6**.
2. Remove sleeve, pierce firm lid, place on baking tray.
3. Cook in the centre of the oven for **15 mins**.
4. Remove film lid and cook for a further **15 mins**.
5. 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: 1066 - Mini Fruity Chicken Curry

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

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **15 mins**.
4. Remove film lid and continue to cook for a further **15 mins**.
4. Serve

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4 mins**.
3. Leave to stand in the microwave for **1 min**.
3. Remove film lid and heat on FULL POWER for a further: **4 mins**.
4. Leave to stand in the microwave for **1 min**.
5. Serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 mins**.
3. Leave to stand in the microwave for **1 min**.
3. Remove film lid and heat on FULL POWER for a further: **3 mins**.
4. Leave to stand in the microwave for **1 min**.
5. 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 1392 - Chicken Korma with 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 **5 minutes**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for a further **5 minutes**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Heat on FULL POWER for a further **4 minutes**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **180°C Fan/360°F, Gas Mark 6**. • Remove sleeve, pierce firm lid, place on baking tray. • Cook in the centre of the oven for **35-40 minutes**. • Allow to rest 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 stregnth 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: 1300 - Roast Beef Dinner

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 mins** • Gently shake pack and heat on FULL POWER for a further: **4 mins** • Leave to stand in the microwave for: **1 min** • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for: **4 mins** • Gently shake pack and heat on FULL POWER for a further: **4 mins** • Leave to stand in the microwave for: **1 min** • Remove film lid and serve.
OVEN Cooking instructions	
	• Pre-heat oven to **200°C/400°F, Gas Mark 6.** • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary). • Remove film lid, gently stir and serve.

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

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 **1301 - Roast Chicken Dinner**

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 Shakle pack and heat on FULL POWER for **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Gently Shakle pack 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 **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35 - 40 minutes**. • 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 **1303 - Roast Pork Dinner**

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

MICROWAVE Cooking Instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35 - 40 minutes** (fan ovens may vary). • Remove film lid, gently stir and serve.

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

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 **1304 - Roast Turkey Dinner**

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

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

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: 1307 - Luxury Roast Beef Dinner

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

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, 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: 1309 - Luxury Roast Lamb Dinner

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

OVEN Cooking instructions

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

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

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

Code: 1311 - Luxury Roast Turkey Dinner

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

OVEN Cooking instructions

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

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

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

Code: 1312 - Luxury Vegetarian Roast Dinner

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

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 **1323** - **Chicken Casserole with Herby 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**. • Gently shake pack and heat on FULL POWER for a further **5 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **5 minutes**. • Gently shake pack and heat on FULL POWER for a further **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary). • Remove film lid, gently stir and serve.

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

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: 1326 - Lamb 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** • Leave to stand in the microwave for: **1 minute** • 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: **4½ minutes** • Leave to stand in the microwave for: **1 minute** • 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 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: 1330 - Fruity Chicken Curry

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. • Heat on FULL POWER for: **5 minutes** • Peel back film, add 2 tablespoons of water to rice and stir both compartments, re-cover and heat on FULL POWER for a further: **4½ minutes** • Leave to stand in the microwave for **1 minute**. • Remove film, stir well and serve.
900 WATT	• Remove sleeve and pierce film. • Heat on FULL POWER for: **4½ minutes** • Peel back film, add 2 tablespoons of water to rice and stir both compartments, re-cover and heat on FULL POWER for a further: **4 minutes** • Leave to stand in the microwave for **1 minute**. • Remove film, stir well and serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **20 minutes**.
4. Peel back film, add 2 tablespoons of water to rice and stir both compartments. Re-cover and continue heating for a further **15 minutes**.
5. Leave to stand for **1 minute**.
6. Remove film, stir well 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: 1331 - Beef Bolognese Pasta Bake

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

MICROWAVE Cooking instructions	
700 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for: **5 minutes** • Gently shake pack and heat on FULL POWER for a further: **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: **3½ minutes** • Leave to stand in the microwave for: **1 minute** • Remove film lid and serve.

OVEN Cooking instructions
1. Pre-heat oven to 200°C/400°F, Gas Mark 6. 2. Remove sleeve, pierce film, place on baking tray. 3. Heat in the centre of the oven for **20 minutes**. 4. Peel back film, stir and re-cover. Continue heating for a further **15 minutes**. 5. Leave to stand for 1 minute. 6. Remove film, stir well 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: 1333 - Chicken & Chorizo Paella

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, stir, recover an heat on full power for a further: **4½ minutes** • Leave to stand in the microwave for: **1 minute**
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for: **4 minutes** • Peel back film, stir, recover an 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

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **20 minutes**.
4. Peel back film, stir and re-cover. Continue heating for a further **15-20 minutes**.
5. Leave to stand for **1 minute**.
6. Remove film, stir well 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: 1335 - Chicken Madras with Pilau 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: **6½ minutes** • Peel back film, add 2 tablespoons of water to rice and stir both compartments. Re-cover and heat on FULL POWER for a further: **6½ minutes** • Leave to stand in the microwave for: **1 minute** • Remove film, stir well and serve
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for: **5½ minutes** • Peel back film, add 2 tablespoons of water to rice and stir both compartments. Re-cover and heat on FULL POWER for a further: **5 minutes** • Leave to stand in the microwave for: **1 minute** • Remove film, stir well and serve

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **20 minutes**.
4. Peel back film, add 2 tablespoons of water to rice and stir both compartments. Re-cover and continue heating for a further **20 minutes**.
5. Leave to stand for **1 minute**.
6. Remove film, stir well 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: 1336 - Chinese Style Chicken Noodles

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, stir, recover an 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: **3½ minutes** • Peel back film, stir, recover an 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
1. Pre-heat oven to 200°C/400°F, Gas mark 6. 2. Remove sleeve, pierce film, place on baking tray. 3. Heat in the centre of the oven for **20 minutes**. 4. Peel back film, stir and re-cover. Continue heating for a further **20 minutes**. 5. Leave to stand for **1 minute**. 6. Remove film, stir well 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: 1337 - Vegetable Sweet & Sour

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

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **40 minutes**.
4. Remove film, stir well 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: 1339 - Prawn Mango Masala with Pilau 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, add 2 tablespoons of water to rice and stir both compartments. Re-cover and heat on FULL POWER for a further: **4½ minutes**
- Leave to stand in the microwave for: **1 minute**
- Remove film, stir well and serve

900 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for: **5 minutes**
- Peel back film, add 2 tablespoons of water to rice and stir both compartments. Re-cover and heat on FULL POWER for a further: **4½ minutes**
- Leave to stand in the microwave for: **1 minute**
- Remove film, stir well and serve

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **20 minutes**.
4. Peel back film, add 2 tablespoons of water to rice and stir both compartments. Re-cover and continue heating for a further **15 minutes**.
5. Leave to stand for **1 minute**.
6. Remove film, stir well 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: 1340 - Chilli Non Carne

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.
- Heat on FULL POWER for: **5 minutes**
- Peel back film, add 2 tablespoons of water to rice and stir both compartments, re-cover and heat on FULL POWER for a further: **4½ minutes**
- Leave to stand in the microwave for **1 minute**.
- Remove film, stir well and serve.

900 WATT

- Remove sleeve and pierce film.
- Heat on FULL POWER for: **4 minutes**
- Peel back film, add 2 tablespoons of water to rice and stir both compartments, re-cover and heat on FULL POWER for a further: **3 minutes**
- Leave to stand in the microwave for **1 minute**.
- Remove film, stir well and serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **20 minutes**.
4. Peel back film, add 2 tablespoons of water to rice and stir both compartments. Re-cover and continue heating for a further **15 minutes**.
5. Leave to stand for **1 minute**.
6. Remove film, stir well 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: 1341 - Mushroom Stroganoff with 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. • Heat on FULL POWER for: **6 minutes** • Peel back film, add 2 tablespoons of water to rice and stir both compartments, re-cover and heat on FULL POWER for a further: **5½ minutes** • Leave to stand in the microwave for **1 minute**. • Remove film, stir well and serve.
900 WATT	• Remove sleeve and pierce film. • Heat on FULL POWER for: **5 minutes** • Peel back film, add 2 tablespoons of water to rice and stir both compartments, re-cover and heat on FULL POWER for a further: **5 minutes** • Leave to stand in the microwave for **1 minute**. • Remove film, stir well and serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **20 minutes**.
4. Peel back film, add 2 tablespoons of water to rice, stir both compartments and re-cover Continue heating for a further **15 minutes**.
5. Leave to stand for **1 minute**.
6. Remove film, stir well 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: 1342 - No chicken tikka masala

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. • Heat on FULL POWER for: **6 minutes** • Peel back film, add 2 tablespoons of water to rice and stir both compartments, re-cover and heat on FULL POWER for a further: **4½ minutes** • Leave to stand in the microwave for **1 minute**. • Remove film, stir well and serve.
900 WATT	• Remove sleeve and pierce film. • Heat on FULL POWER for: **5 minutes** • Peel back film, add 2 tablespoons of water to rice and stir both compartments, re-cover and heat on FULL POWER for a further: **4½ minutes** • Leave to stand in the microwave for **1 minute**. • Remove film, stir well and serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **20 minutes**.
4. Peel back film, add 2 tablespoons of water to rice and stir both compartments. Re-cover and continue heating for a further **15 minutes**.
5. Leave to stand for **1 minute**.
6. Remove film, stir well 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: 1343 - Broccoli & Cauliflower Cheese Loaded Jacket Potato

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: **9 minutes** • Stand for 1 minute • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for: **8½ minutes** • Stand for 1 minute • Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C/360°F, Gas mark 4.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **50 minutes**.
4. 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: 1344 - Garlic & Rosemary Roasting Potatoes

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

OVEN Cooking instructions

1. Pre-heat oven to 220°C/425°F, Gas mark 7.
2. Remove sleeve and film lid.
3. Place on a baking tray and bake in the centre of the oven for **25 minutes**.
4. Leave to stand for 1 minute
5. 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: 1345 - Cheese & Beans Loaded Jacket Potato

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: **9 minutes** • Stand for 1 minute • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for: **8½ minutes** • Stand for 1 minute • Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C/360°F, Gas mark 4.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **50 minutes**.
4. 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: 1346 - Mature Cheese Loaded Jacket Potato

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: **8½ minutes** • Stand for 1 minute • Remove film lid and serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for: **8 minutes** • Stand for 1 minute • Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C/360°F, Gas mark 4.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **50 minutes**.
4. 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: 1351 - Chicken & Bacon Pasta Bake

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

MICROWAVE Cooking instructions

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

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **40-45 minutes**.
4. 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: 1354 - Beef 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.
- 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, stir well and serve.

900 WATT

- Remove sleeve and pierce film.
- 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

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **35-40 minutes**.
4. 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: 1355 - Gammon, Pineapple Relish & Vegetable Crush

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. • 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, stir well and serve.
900 WATT	• Remove sleeve and pierce film. • 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

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **35-40 minutes**.
4. 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: 1356 - Lamb, Cranberry & Redcurrant 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.
- 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, stir well and serve.

900 WATT

- Remove sleeve and pierce film.
- 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

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **40-45 minutes**.
4. Leave to stand for **1 minute**.
5. 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: 1360 - Thai Style Salmon Fishcake & Vegetables

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: **7 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: **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

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for 35-40 minutes.
4. Leave to stand for 1 minute.
5. 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: 1361 - Chicken with Orange & Rosemary

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

MICROWAVE Cooking instructions

700 WATT

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

900 WATT

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

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for 35-40 minutes.
4. 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: 1362 - Three Bean Chilli

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: **2-3 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: **3 minutes**.
- Gently shake pack and heat on FULL POWER for a further: **2-3 minutes**.
- Leave to stand in the microwave for: **1 minute**.
- Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for approximately **30-35 minutes**.
4. 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: 1364 - Steak & Ale Pie

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.
- 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, stir well and serve.

900 WATT

- Remove sleeve and pierce film.
- 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

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **40-45 minutes**.
4. 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: 1365 - Cheese & Onion Pie

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.
- 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, stir well and serve.

900 WATT

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

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **40-45 minutes**.
4. 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: 1366 - Tuscan Style Pasta Ragu

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.
- Heat on FULL POWER for: **5 minutes**.
- Leave to stand in the microwave for **1 minute.**
- Remove the film and heat for a further **5 minutes**.
- Serve.

950 WATT

- Remove sleeve and pierce film.
- Heat on FULL POWER for: **5 minutes**.
- Leave to stand in the microwave for **1 minute.**
- Remove the film and heat for a further **5 minutes**.
- Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C, Gas mark 6.
2. Remove sleeve and pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **15 minutes**.
4. Remove the film lid and heat for a further **15 minutes**.
5. 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: 1367 - Chicken Tagine with Rice

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.
- Heat on FULL POWER for: **5 minutes**.
- Leave to stand in the microwave for **1 minute.**
- Remove the film and heat for a further **5 minutes**.
- Serve.

950 WATT

- Remove sleeve and pierce film.
- Heat on FULL POWER for: **5 minutes**.
- Leave to stand in the microwave for **1 minute.**
- Remove the film and heat for a further **5 minutes**.
- Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C, Gas mark 6.
2. Remove sleeve and pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **15 minutes**.
4. Remove the film lid and heat for a further **15 minutes**.
5. 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: 1368 - Chicken & Mushroom Risotto

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.
- Heat on FULL POWER for: **5 minutes**.
- Leave to stand in the microwave for **1 minute**.
- Remove the film and heat for a further **5 minutes**.
- Serve.

950 WATT

- Remove sleeve and pierce film.
- Heat on FULL POWER for: **5 minutes**.
- Leave to stand in the microwave for **1 minute**.
- Remove the film and heat for a further **5 minutes**.
- Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C, Gas mark 6.
2. Remove sleeve and pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **15 minutes**.
4. Remove the film lid and heat for a further **15 minutes**.
5. 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: 1373 - Chicken Fillet Cassoulet

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

MICROWAVE Cooking instructions

700 WATT

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

900 WATT

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

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6. Fan ovens may vary.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 minutes**.
4. Allow to rest for **1 minute**.
5. 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: 1375 - Chicken Enchilada

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

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6. Fan ovens may vary.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven **for 20-25 minutes**.
4. Remove film and cook for a further **15-20 minutes**.
5. Allow to rest for **1 minute** before serving.
6. Serve.

MICROWAVE Cooking instructions

700 WATT

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

900 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for **5 minutes**.
- Leave to stand in the microwave for **1 minute**.
- Gently shake pack and heat on FULL POWER for a further **3 minutes**.
- 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: 1376 - Pork Goulash

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

MICROWAVE Cooking instructions

700 WATT

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

900 WATT

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

OVEN Cooking instructions

1. Pre-heat oven to 200°C/400°F, Gas mark 6. Fan ovens may vary.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 minutes**.
4. Allow to stand for **1 minute**.
5. 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: 1378 - Chilli con Carne

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Gently shake pack and heat on full power for a further: **5 mins**.
4. Leave to stand in microwave for **1 min**.
5. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Gently shake pack and heat on full power for a further: **4 mins**.
4. Leave to stand in microwave for **1 min**.
5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 mins**.
4. 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 **1379 - Cod in Parsley**

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 200ºC/400ºF, Gas Mark 7. • Remove sleeve and film lid, place on 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: 1380 - Vegetable 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**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **5 minutes**.
- Serve.

900 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for **4 minutes**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **4 minutes**.
- Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 minutes**.
4. Allow to rest for **1 minute**.
5. 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: 1382 - Chicken & Chorizo Paella

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**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **5 minutes**.
- Serve.

900 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for **4 minutes**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **4 minutes**.
- Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 minutes**.
4. Allow to rest for **1 minute**.
5. 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: 1383 - Chicken Madras

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**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **5 minutes**.
- Serve.

900 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for **4 minutes**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **4 minutes**.
- Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 minutes**.
4. Allow to rest for **1 minute**.
5. 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: 1384 - Mushroom Stroganoff

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**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **5 minutes**.
- Serve.

900 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for **4 minutes**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **4 minutes**.
- Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 minutes**.
4. Allow to rest for **1 minute**.
5. 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: 1386 - Chicken Cacciatore with Olives

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**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **5 minutes**.
- Serve.

900 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for **4 minutes**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **4 minutes**.
- Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 minutes**.
4. Allow to rest for **1 minute**.
5. 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: 1387 - Chicken in White Wine & Garlic

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**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **5 minutes**.
- Serve.

900 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for **4 minutes**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **4 minutes**.
- Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 minutes**.
4. Allow to rest for **1 minute**.
5. 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: 1397 Big Eat Sausage & Mash Big Eat

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

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan, 200°C, Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **55 minutes**.
4. Leave to stand for **1 minute**.
5. 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: 1398 - Big Eat Chicken with Pancetta & Mushroom

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**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **5 minutes**.
- Leave to stand in the microwave for **1 minute**,
- Serve.

900 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for **4 minutes**.
- Leave to stand in the microwave for **1 minute**,
- Remove film lid and heat on FULL POWER for a further **4 minutes**.
- Leave to stand in the microwave for **1 minute**,
- Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan, 200°C, Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 minutes**.
4. Leave to stand for **1 minute**.
5. 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: 1400 - Mini Tomato & Mozzarella Pasta

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**. • Leave to stand in the microwave for **1 minute**, • Remove film lid and heat on FULL POWER for a further **3 minutes**. • Leave to stand in the microwave for **1 minute**, • Serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **3 minutes**. • Leave to stand in the microwave for **1 minute**, • Remove film lid and heat on FULL POWER for a further **3 minutes**. • Leave to stand in the microwave for **1 minute**, • Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan, 200°C, Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **15 minutes**.
4. Remove film lid and cook for a further **15 minutes**.
5. 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: 1408 - Fish Pie

For best results oven 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**. • Leave to stand in the microwave for **1 minute**, remove the film lid and heat on FULL POWER for a further: **5 minutes**. • Leave to stand in the microwave for **1 minute**. • Serve.
900 WATT	• Remove sleeve and pierce film lid. • Heat on FULL POWER for **4 minutes**. • Leave to stand in the microwave for **1 minute**, remove the film lid and heat on FULL POWER for a further: **4 minutes**. • Leave to stand in the microwave for **1 minute**. • Serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 minutes**.
4. Allow to rest for **1 minute**.
5. 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: 1409 - The Big Breakfast

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 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 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

1. Pre-heat oven to 180°C Fan/200°C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 minutes**.
4. Allow to rest for **1 minute**.
5. 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: 1413 - Mini Fish Pie

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**.
- Leave to stand in the microwave for **1 minute**.
- Heat on full power for 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 **3 minutes**.
- Leave to stand in the microwave for **1 minute**.
- Heat on full power for further **3 minutes**.
- Leave to stand in the microwave for **1 minute**.
- Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30-35 minutes**.
4. Remove film lid 10 minutes before the end of the cooking time.
5. 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: 1416 - Vegetable Spring Rolls

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

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan, 200°C, Gas Mark 6.
2. Remove all packaging and place on a baking tray.
3. Cook in the centre of the oven for **16-18 minutes**.
4. Leave to stand in the microwave for: **1 minute**.
5. 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: 1417 - Onion Bhaji

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

OVEN Cooking instructions

1. Pre-heat oven to 160°C Fan, 180°C, Gas Mark 4.
2. Remove all packaging and place on a baking tray.
3. Cook in the centre of the oven for **16-18 minutes**.
4. Leave to stand in the microwave for: **1 minute**.
5. 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: 1418 - Chicken Tikka Samosa

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

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan, 200°C, Gas Mark 6.
2. Remove all packaging and place on a baking tray.
3. Cook in the centre of the oven for **14-16 minutes**.
4. Leave to stand in the microwave for: **1 minute**.
5. 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: 1420 - Chicken Casserole with Herb Dumpling

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

MICROWAVE Cooking instructions

700 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for **5 minutes**.
- Gently shake pack and heat on FULL POWER for a further: **3 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 **3 minutes**.
- Gently shake pack and heat on FULL POWER for a further: **3½ minute**.
- Leave to stand in the microwave for **1 minute**.
- Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **40-45 minutes**.
4. Leave to stand in the microwave for: **1 minute**.
5. 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: 1421 - Mini Chicken Casserole with Herb Dumpling

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**. • Gently shake pack and heat on FULL POWER for a further: **2 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 **2 minutes**. • Gently shake pack and heat on FULL POWER for a further: **2½ minute**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30-35 minutes**.
4. Leave to stand in the microwave for: **1 minute**.
5. 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: 1422 - Beef Casserole with Herb Dumpling

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

MICROWAVE Cooking instructions

700 WATT

- Remove sleeve and pierce film lid.
- Heat on FULL POWER for **5 minutes**.
- Gently shake pack and heat on FULL POWER for a further: **3 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 **3 minutes**.
- Gently shake pack and heat on FULL POWER for a further: **3½ minute**.
- Leave to stand in the microwave for **1 minute**.
- Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **40-45 minutes**.
4. Leave to stand in the microwave for: **1 minute**.
5. 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: 1423 - Mini Beef Casserole with Herb Dumpling

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**.
- Gently shake pack and heat on FULL POWER for a further: **2 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 **2 minutes**.
- Gently shake pack and heat on FULL POWER for a further: **2½ minute**.
- Leave to stand in the microwave for **1 minute**.
- Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C, Gas mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **25-30 minutes**.
4. Leave to stand in the microwave for: **1 minute**.
5. 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: 1424 - Spiced Fruit Brioche Teacake

Defrost & Serve.

DEFROST instructions

- Remove the required amount from the outer box keeping it in the plastic bag until required. Allow to defrost at room temperature.
- Once defrosted store in a sealed bag in a cool ambient dry place away from heat or direct sunlight.

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: 1426 - Bolognese Pasta Bake

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 mins**.
3. Gently shake pack and heat on FULL POWER for a further: **3 mins**.
4. Leave to stand in the microwave for: **1 min**.
5. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 mins**.
3. Gently shake pack and heat on FULL POWER for a further: **2 mins**.
4. Leave to stand in the microwave for: **1 min**.
5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **25-30 mins**.
4. 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: 1427 - Mini Bolognese Pasta Bake

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 mins**.
3. Gently shake pack and heat on FULL POWER for a further: **2 mins**.
4. Leave to stand in the microwave for: **1 min**.
5. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **2 mins**.
3. Gently shake pack and heat on FULL POWER for a further: **2 mins**.
4. Leave to stand in the microwave for: **1 min**.
5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **20-23 mins**.
4. 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: 1428 - Mini Pork Meatballs in a Tomato Sauce

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

MICROWAVE Cooking instructions

700 WATT	1. Remove sleeve and pierce film lid. 2. Heat on FULL POWER for: **3 mins**. 3. Gently shake pack and heat on full power for a further: **2½ mins**. 4. Remove film lid, stir and serve.
900 WATT	1. Remove sleeve and pierce film lid. 2. Heat on FULL POWER for: **2 mins**. 3. Gently shake pack and heat on full power for a further: **2 mins**. 4. Remove film lid, stir and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30 mins**.
4. 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: 1429 - Pork Meatballs in a Tomato Sauce

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

MICROWAVE Cooking instructions

700 WATT	1. Remove sleeve and pierce film lid. 2. Heat on FULL POWER for: **3 mins**. 3. Gently shake pack and heat on full power for a further: **3½ mins**. 4. Remove film lid, stir and serve.
900 WATT	1. Remove sleeve and pierce film lid. 2. Heat on FULL POWER for: **3½ mins**. 3. Gently shake pack and heat on full power for a further: **2 mins**. 4. Remove film lid, stir and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **40 mins**.
4. 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: 1430 - Mini Meatballs in Tomato & Chorizo Sauce

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6 mins**.
3. Gently shake pack and heat on FULL POWER for a further: **5 mins**.
4. Leave to stand in the microwave for: **1 min**.
5. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6 mins**.
3. Gently shake pack and heat on FULL POWER for a further: **4 mins**.
4. Leave to stand in the microwave for: **1 min**.
5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30-35 mins**.
4. 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: 1432 - Dark Chocolate Mousse Pot

Defrost & Serve.

DEFROST instructions

- Defrost fully at room temperature for approximately 2 hours or in a refrigerator for 4 hours.
- If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

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: 1433 - Raspberry Mousse Pot

Defrost & Serve.

DEFROST instructions

- Defrost fully at room temperature for approximately 2 hours or in a refrigerator for 4 hours.
- If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

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: 1434 - Lemon Mousse Pot

Defrost & Serve.

DEFROST instructions

- Defrost fully at room temperature for approximately 2 hours or in a refrigerator for 4 hours.
- If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

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: 1435 - Sticky Toffee Pudding Cake

Defrost & Serve.

DEFROST instructions

- Remove dessert from pack and place on a plate.
- Defrost fully at room temperature for approximately 1-2 hours, or overnight in a refrigerator.
- If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

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: 1436 - Black Forest Cheesecake

Defrost & Serve.

DEFROST instructions

- Remove dessert from pack and place on a plate.
- Defrost fully at room temperature for approximately 1-2 hours, or overnight in a refrigerator.
- If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

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: 1438 - Moussaka

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6 1/2 mins**.
3. Gently shake pack and heat on FULL POWER for a further: **5 1/2 mins**.
4. Leave to stand in the microwave for: **1 min**.
5. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6 mins**.
3. Gently shake pack and heat on FULL POWER for a further: **4 1/2 mins**.
4. Leave to stand in the microwave for: **1 min**.
5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35 mins**.
4. Remove film lid and cook for a further **10-15 mins**.
5. Leave to stand for: **1 min**.
6. 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: 1448 - Thai Style Green Chicken Curry

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Gently shake pack and leave to stand for **1 min**.
4. Heat on FULL POWER for a further: **5 mins**.
5. Leave to stand in the microwave for: **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4 mins**.
3. Gently shake pack and leave to stand for **1 min**.
4. Heat on FULL POWER for a further: **4 mins**.
5. Leave to stand in the microwave for: **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 mins**.
4. 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: 1449 - Thai Style Green Vegetable Curry

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Leave to stand in the microwave for: **1 min**.
4. Heat on FULL POWER for a further: **5 mins**.
5. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4 mins**.
3. Leave to stand in the microwave for: **1 min**.
4. Heat on FULL POWER for a further: **4 mins**.
5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 mins**.
4. 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: 1450 - Thai Style Green Vegetable Curry

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4 mins**.
3. Leave to stand in the microwave for: **1 min**.
4. Heat on FULL POWER for a further: **4 mins**.
5. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 mins**.
3. Leave to stand in the microwave for: **1 min**.
4. Heat on FULL POWER for a further: **3 mins**.
5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30 mins**.
4. 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: 1460 - Vegetable Samosas

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

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove all packaging
3. Cook in the centre of the oven for **14-16 mins**.
4. Ensure piping hot before serving and do not reheat.

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: 1461 - Venison & Root Vegetable Casserole with Dumpling

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 mins**.
3. Gently shake pack and heat on full power for a further: **2½ mins**.
4. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **2 mins**.
3. Gently shake pack and heat on full power for a further: **2 mins**.
4. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30-35 mins**.
4. 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: 1462 - Cod in Parsley

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **7½ mins**.
3. Leave to stand in the microwave for **1 min**. Peel back film and stir gently.
4. Replace film lid and heat on FULL POWER for a further: **4½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6 mins**.
3. Leave to stand in the microwave for **1 min**. Peel back film and stir gently.
4. Replace film lid and heat on FULL POWER for a further: **3½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35 mins**.
4. 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: 1463 - Cod & Prawn Bake

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6½ mins**.
3. Leave to stand in the microwave for **1 min**.
4. Gently shake pack and heat on FULL POWER for a further: **4½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Leave to stand in the microwave for **1 min**.
4. Gently shake pack and heat on FULL POWER for a further: **3½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35 mins**.
4. 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: 1464 - Salmon & Broccoli Bake

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6½ mins**.
3. Leave to stand in the microwave for **1 min**.
4. Gently shake pack and heat on FULL POWER for a further: **5½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Leave to stand in the microwave for **1 min**.
4. Gently shake pack and heat on FULL POWER for a further: **4½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35 mins**.
4. 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: 1465 - Salmon in White Wine

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **7½ mins**.
3. Leave to stand in the microwave for **1 min**. Peel back film and stir gently.
4. Replace film lid and heat on FULL POWER for a further: **4½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6 mins**.
3. Leave to stand in the microwave for **1 min**. Peel back film and stir gently.
4. Replace film lid and heat on FULL POWER for a further: **3½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35 mins**.
4. 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: 1466 - Happy Egg Omelettes - Plain

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

MICROWAVE Cooking instructions

800 WATT

1. Place 2 omelettes onto a microwaveable plate.
2. Heat on full power for **4 mins**.
3. Stand for **1 min** before serving.

OVEN Cooking instructions

1. Pre- heat the oven to 180˚/Fan 160˚/Gas Mark 4.
2. Place on a baking tray in the middle of the oven for **25 mins**.
3. Stand for **1 min** before serving.

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: 1467 - Happy Egg Omelettes - Cheese

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

MICROWAVE Cooking instructions

800 WATT

1. Place 2 omelettes onto a microwaveable plate.
2. Heat on full power for **4 mins**.
3. Stand for **1 min** before serving.

OVEN Cooking instructions

1. Pre- heat the oven to 180˚/Fan 160˚/Gas Mark 4.
2. Place on a baking tray in the middle of the oven for **25 mins**.
3. Stand for **1 min** before serving.

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: 1468 - Sausage Rolls

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

OVEN Cooking instructions

1. Pre-heat oven to 190˚C Fan/210˚C/Gas Mark 6.
2. Remove all packaging (except foil if present)
3. Cook in the centre of the oven for **30 mins**.
4. Ensure piping hot before serving and do not reheat.

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: 1469 - Savoury Cheese & Onion Slice

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

OVEN Cooking instructions

1. Pre-heat oven to 190°C Fan/210°C/Gas Mark 6.
2. Remove all packaging (except foil if present)
3. Cook in the centre of the oven for **30 mins**.
4. Ensure piping hot before serving and do not reheat.

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: 1470 - Lamb Meatballs in a Tomato & Rosemary Sauce

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

MICROWAVE Cooking instructions

700 WATT	1. Remove sleeve and pierce film lid. 2. Heat on FULL POWER for: **5 mins**. 3. Gently shake pack and heat on full power for a further: **2 mins**. 4. Remove film lid, stir and serve.
900 WATT	1. Remove sleeve and pierce film lid. 2. Heat on FULL POWER for: **3 mins**. 3. Gently shake pack and heat on full power for a further: **3 mins**. 4. Remove film lid, stir and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, do not pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30 mins**.
4. 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: 1471 - Mini Lamb Meatballs in a Tomato & Rosemary Sauce

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **2 mins**.
3. Gently shake pack and heat on full power for a further: **3 mins**.
4. Remove film lid, stir and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **2 mins**.
3. Gently shake pack and heat on full power for a further: **2½ mins**.
4. Remove film lid, stir and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, do not pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **25 mins**.
4. 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: 1472 - Bolognese Ravioli with Arrabbiata sauce

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

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30-35 mins**.
4. Remove film lid, gently stir and serve.

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Gently shake pack and heat on full power for a further: **4 mins**.
4. Leave to stand in the microwave for **1 min**.
5. Remove film lid, stir and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4 mins**.
3. Gently shake pack and heat on full power for a further: **4 mins**.
4. Leave to stand in the microwave for **1 min**.
5. Remove film lid, 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: 1473 - Spinach & Ricotta Ravioli in a Lemon & Herb Sauce

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Gently shake pack and heat on full power for a further: **4 mins**.
4. Leave to stand in the microwave for **1 min**.
5. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4 mins**.
3. Gently shake pack and heat on full power for a further: **4 mins**.
4. Leave to stand in the microwave for **1 min**.
5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30-35 mins**.
4. 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: 1474 - Mushroom Moussaka

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Gently shake pack and heat on full power for a further: **4 mins**.
4. Leave to stand in the microwave for **1 min**.
5. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4 mins**.
3. Gently shake pack and heat on full power for a further: **4 mins**.
4. Leave to stand in the microwave for **1 min**.
5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30-35 mins**.
4. Remove film lid **10 mins** before the end of cooking time 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: 1475 - Mini Mushroom Moussaka

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4 mins**.
3. Gently shake pack and heat on full power for a further: **4 mins**.
4. Leave to stand in the microwave for **1 min**.
5. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 mins**.
3. Gently shake pack and heat on full power for a further: **4 mins**.
4. Leave to stand in the microwave for **1 min**.
5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **25-30 mins**.
4. Remove film lid **10 mins** before the end of cooking time 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: 1493 - Mixed Grill Inspired

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **7½ mins**.
3. Gently shake pack and heat on FULL POWER for a further: **6½ mins**.
4. Leave to stand in the microwave for **1 min**.
5. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6½ mins**.
3. Gently shake pack and heat on FULL POWER for a further: **5 mins**.
4. Leave to stand in the microwave for **1 min**.
5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **25 mins**.
4. Remove film lid and cook for a further **10 mins**.
5. 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: 1494 - Roast Chicken Dinner

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **7½ mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **7½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6 mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **5 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 mins**.
4. 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: 1495 - Mini Roast Chicken Dinner

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4½ mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **4½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4 mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **4 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30-35 mins**.
4. 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: 1496 - Roast Beef Dinner

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **7½ mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **7½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6 mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **5 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 mins**.
4. 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: 1497 - Mini Roast Beef Dinner

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4½ mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **4½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4 mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **4 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35 mins**.
4. 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: 1498 - Roast Pork Dinner

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **7½ mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **7½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6 mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **5 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 mins**.
4. 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: 1499 - Mini Roast Pork Dinner

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4½ mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **4½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4 mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **4 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30-35 mins**.
4. 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: 1500 - Roast Lamb Dinner

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **7½ mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **7½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6 mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **5 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 mins**.
4. 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: 1501 - Mini Roast Lamb Dinner

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4½ mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **4½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4 mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **4 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35 mins**.
4. 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: 1502 - Medley of Green Vegetables

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

MICROWAVE Cooking instructions	
700 WATT	1. Remove sleeve and pierce film lid. 2. Heat on FULL POWER for: **2 mins**. 3. Leave to stand in the microwave for **1 min**. 4. Gently shake pack and heat on FULL POWER for a further: **2 mins**. 5. Leave to stand in the microwave for **1 min**. 6. Remove film lid and serve.
900 WATT	1. Remove sleeve and pierce film lid. 2. Heat on FULL POWER for: **2 mins**. 3. Leave to stand in the microwave for **1 min**. 4. Gently shake pack and heat on FULL POWER for a further: **1½ mins**. 5. Leave to stand in the microwave for **1 min**. 6. 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: 1503 - Chicken Kiev, Chips & Peas

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **7½ mins**.
3. Peel back film lid and loosely cover tray.
4. Gently shake pack and heat on FULL POWER for a further: **6½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6½ mins**.
3. Peel back film lid and loosely cover tray.
4. Gently shake pack and heat on FULL POWER for a further: **5 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **25 mins**.
4. Remove film lid and cook for a further **10 mins**.
5. 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: 1504 - Chicken Tikka Masala with Pilau Rice

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

MICROWAVE Cooking instructions

800 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4½ mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30 mins**.
4. Peel back film lid and stir each compartment separately.
5. Re-cover and cook for a further **10-15 mins**.
6. Remove from the oven and leave to stand for **1 min**.
7. Remove film lid, 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: 1505 - Chicken Korma with Pilau Rice

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

MICROWAVE Cooking instructions

800 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4½ mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30 mins**.
4. Peel back film lid and stir each compartment separately.
5. Re-cover and cook for a further **10-15 mins**.
6. Remove from the oven and leave to stand for **1 min**.
7. Remove film lid, 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: 1506 - Butter Chicken with Pilau Rice

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

MICROWAVE Cooking instructions

800 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4½ mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30 mins**.
4. Peel back film lid and stir each compartment separately.
5. Re-cover and cook for a further **10-15 mins**.
6. Remove from the oven and leave to stand for **1 min**.
7. Remove film lid, 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: 1507 - Chicken Jalfrezi with Pilau Rice

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

MICROWAVE Cooking instructions

800 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4½ mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30 mins**.
4. Peel back film lid and stir each compartment separately.
5. Re-cover and cook for a further **10-15 mins**.
6. Remove from the oven and leave to stand for **1 min**.
7. Remove film lid, 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: 1508 - Fruity Chicken Curry with Steamed Rice

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

MICROWAVE Cooking instructions

800 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4½ mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30 mins**.
4. Peel back film lid and stir each compartment separately.
5. Re-cover and cook for a further **10-15 mins**.
6. Remove from the oven and leave to stand for **1 min**.
7. Remove film lid, 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: 1509 - Beef Curry with Pilau Rice

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

MICROWAVE Cooking instructions

800 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4½ mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30 mins**.
4. Peel back film lid and stir each compartment separately.
5. Re-cover and cook for a further **10-15 mins**.
6. Remove from the oven and leave to stand for **1 min**.
7. Remove film lid, 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: 1510 - Lamb Bhuna with Pilau Rice

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

MICROWAVE Cooking instructions

800 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4½ mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30 mins**.
4. Peel back film lid and stir each compartment separately.
5. Re-cover and cook for a further **10-15 mins**.
6. Remove from the oven and leave to stand for **1 min**.
7. Remove film lid, 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: 1511 - Chicken Curry with Pilau Rice

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

MICROWAVE Cooking instructions

800 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4½ mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30 mins**.
4. Peel back film lid and stir each compartment separately.
5. Re-cover and cook for a further **10-15 mins**.
6. Remove from the oven and leave to stand for **1 min**.
7. Remove film lid, 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: 1512 - Vegetable Tikka Masala with Pilau Rice

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

MICROWAVE Cooking instructions

800 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **4½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30 mins**.
4. Peel back film lid and stir each compartment separately.
5. Re-cover and cook for a further **10-15 mins**.
6. Remove from the oven and leave to stand for **1 min**.
7. Remove film lid, 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: 1514 - Roast Turkey Dinner

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **7½ mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **7½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6 mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **5 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 mins**.
4. 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: 1515 - Mini Roast Turkey Dinner

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4½ mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **4½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4 mins**.
3. Peel back film lid over potatoes only.
4. Gently shake pack and heat on FULL POWER for a further: **4 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30-35 mins**.
4. 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: 1516 - Mini Fruity Chicken Curry with Steamed Rice

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

MICROWAVE Cooking instructions

800 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **2½ mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **2 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **20 mins**.
4. Peel back film lid and stir each compartment separately.
5. Re-cover and cook for a further **10-15 mins**.
6. Remove from the oven and leave to stand for **1 min**.
7. Remove film lid, 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: 1517 - Mini Chicken Tikka Masala with Pilau Rice

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

MICROWAVE Cooking instructions

800 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **2½ mins**.
5. Leave to stand for **1 min**.
6. Remove film lid, stir and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 mins**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **2 mins**.
5. Leave to stand for **1 min**.
6. Remove film lid, stir and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **20 mins**.
4. Peel back film lid and stir each compartment separately.
5. Re-cover and cook for a further **10-15 mins**.
6. Remove from the oven and leave to stand for **1 min**.
7. Remove film lid, 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: 1518 - Pigs in Blankets

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **1½ mins**.
3. Gently shake pack and heat on full power for a further: **1 min**.
4. Leave to stand in the microwave for: **1 min**.
5. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **1 min**.
3. Gently shake pack and heat on full power for a further: **1 min**.
4. Leave to stand in the microwave for: **1 min**.
5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **15 mins**.
4. Remove film lid and cook for a further **10 mins**.
5. 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: 1532 - Cottage Pie

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6 mins**.
3. Leave to stand in the microwave for **1 min**.
4. Gently shake pack and heat on FULL POWER for a further: **4 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4 mins**.
3. Leave to stand in the microwave for **1 min**.
4. Gently shake pack and heat on FULL POWER for a further: **4 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **40 mins**.
4. 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: 1533 - Mini Cottage Pie

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4 mins**.
3. Leave to stand in the microwave for **1 min**.
4. Gently shake pack and heat on FULL POWER for a further: **3 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 mins**.
3. Leave to stand in the microwave for **1 min**.
4. Gently shake pack and heat on FULL POWER for a further: **2 mins**.
5. Leave to stand in the microwave for **1 min**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **30 mins**.
4. 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: 1534 - Straight Cut Chips

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

OVEN Cooking instructions

1. Pre-heat oven to 210°C Fan, 230°C, Gas 8.
2. Place evenly on a baking tray and heat in the centre of the oven for **20-25 mins**.
3. Turn over halfway through heating.
4. Cook until crispy and lightly golden.
5. 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: 1539 - Battered Fish & Chips

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 minutes**.
3. Remove film, lightly cover and heat on FULL POWER for a further: **4 minutes**.
4. Leave to stand in the microwave for **1 minute**.
5. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4 minutes**.
3. Remove film, lightly cover and heat on FULL POWER for a further: **4 minutes**.
4. Leave to stand in the microwave for **1 minute**.
5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **25 minutes**.
4. Remove film lid and cook for a further **10 - 15 minutes**.
5. Leave to stand for **1 minute**. 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: 1540 - Mini Battered Fish & Chips

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **4 minutes**.
3. Remove film, lightly cover and heat on FULL POWER for a further: **2 minutes**.
4. Leave to stand in the microwave for **1 minute**.
5. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 minutes**.
3. Remove film, lightly cover and heat on FULL POWER for a further: **2 minutes**.
4. Leave to stand in the microwave for **1 minute**.
5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **25 minutes**.
4. Remove film lid and cook for a further **10 - 15 minutes**.
5. Leave to stand for **1 minute**. 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: 1544 - Toad in the Hole Meal - Oven Only

For best results cook in the OVEN from frozen. Not suitable for microwave cooking. Appliances may vary, the following is a guide only.

OVEN Cooking instructions

1. Pre-heat oven to 180°C Fan/200°C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **15 minutes**.
4. Peel back film lid from batter compartment and cook for a further **35-40 minutes**.
5. 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: 1545 - Happy Egg Ham & Cheese Omelettes

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

MICROWAVE Cooking instructions

700 WATT

1. Place omelettes onto a microwaveable plate and heat on full power for: **4 minutes**.
2. Leave to stand in the microwave for **1 minute**.

OVEN Cooking instructions

1. Pre-heat the oven to 180˚C/ Fan 160˚C/ Gas Mark 4.
2. Place on a baking tray in the middle of the oven for: **25 minutes**.
3. Stand for **1 minute** before serving.

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: 1546 - Cheddar Cheese Toastie

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **2 minutes**.
3. Gently shake pack and heat on FULL POWER for a further: **2 minutes**.
4. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **2 minutes**.
3. Gently shake pack and heat on FULL POWER for a further: **1 minute**.
4. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **25 minutes**.
4. Remove film lid and cook for a further **10 minutes**.
5. 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: 1547 - Cheese & Onion Toastie

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 minutes**.
3. Gently shake pack and heat on FULL POWER for a further: **2 minutes**.
4. Allow to stand in microwave for: **1 minute**.
5. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **2 minutes**.
3. Gently shake pack and heat on FULL POWER for a further: **1 minute**.
4. Allow to stand in microwave for: **1 minute**.
5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **25 minutes**.
4. Remove film lid and cook for a further **10 minutes**.
5. 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: 1548 - Croque Monsieur

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 minutes**.
3. Gently shake pack and heat on FULL POWER for a further: **2½ minutes**.
4. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **2 minutes**.
3. Gently shake pack and heat on FULL POWER for a further: **2 minutes**.
4. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **25 minutes**.
4. Remove film lid and cook for a further **10 minutes**.
5. 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: 1550 - Breaded Scampi & Chips

For best results cook in the OVEN from frozen. Not suitable for microwave cooking. Appliances may vary, the following is a guide only.

OVEN Cooking instructions

1. Pre-heat oven to 180˚C Fan/200˚C/Gas Mark 6.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **20 minutes**.
4. Remove film lid and cook for a further **15 minutes**.
5. 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: 1553 - Cheese & Bacon Quiche

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

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove all packaging including foil. Place on a baking tray.
3. Cook in the centre of the oven for **20 minutes**.
4. Leave to stand for **1 minute** before serving.

AIR FRYER Cooking instructions

1. Preheat air fryer to **160°C**.
2. Remove all packaging including foil. Place in basket.
3. Cook in the centre of the air fryer for **20 minutes**.
4. Leave to stand for **1 minute** before serving.

DEFROST & SERVE Instructions

1. Remove quiche from pack and place on a plate.
2. Defrost fully in a refrigerator for **24 hours**.
3. Once defrosted, keep refrigerated and consume within 24 hours.

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: 1554 - Cheese & Onion Filled Potato Skins

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

MICROWAVE Cooking instructions

800 WATT

1. Remove all packaging. Place the potato skins with the topping facing upwards on a microwaveable plate.
2. Heat on FULL POWER for:
   5 minutes and 30 seconds.
3. Leave to stand in the microwave for **1 minute**.
4. Serve.

900 WATT

1. Remove all packaging. Place the potato skins with the topping facing upwards on a microwaveable plate.
2. Heat on FULL POWER for:
   4 minutes and 30 seconds.
3. Leave to stand in the microwave for **1 minute**.
4. Serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove all packaging. Place the potato skins with the topping facing upwards on a baking tray.
3. Cook in the centre of the oven for **20 minutes** or until crisp.
4. Leave to stand for **1 minute**.
5. 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: 1555 - Cheese & Bacon Filled Potato Skins

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

MICROWAVE Cooking instructions

800 WATT

1. Remove all packaging. Place the potato skins with the topping facing upwards on a microwaveable plate.
2. Heat on FULL POWER for:
   5 minutes and 30 seconds.
3. Leave to stand in the microwave for **1 minute**.
4. Serve.

900 WATT

1. Remove all packaging. Place the potato skins with the topping facing upwards on a microwaveable plate.
2. Heat on FULL POWER for:
   4 minutes and 30 seconds.
3. Leave to stand in the microwave for **1 minute**.
4. Serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove all packaging. Place the potato skins with the topping facing upwards on a baking tray.
3. Cook in the centre of the oven for **20 minutes** or until crisp.
4. Leave to stand for **1 minute**.
5. 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: 1557 - Chicken, Leek & Bacon Pie

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

MICROWAVE Cooking instructions

700 WATT

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

900 WATT

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

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 minutes**.
4. 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: 1558 - Mini Chicken, Leek & Bacon Pie

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

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 minutes**.
4. Remove film lid and serve.

MICROWAVE Cooking instructions

700 WATT

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

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 minutes.**
3. Gently shake pack and heat on FULL POWER for a further: **5 minutes**.
4. Leave to stand in the microwave for **1 minute**.
5. 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: 1559 - Steak & Mushroom Pie

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

MICROWAVE Cooking instructions

700 WATT

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

900 WATT

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

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35 minutes**.
4. 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: 1560 - Mini Steak & Mushroom Pie

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 minutes**.
3. Leave to stand in the microwave for **1 minute**.
4. Gently shake pack and heat on FULL POWER for a further: **3 minutes**.
5. Leave to stand in the microwave for **1 minute**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 minutes**.
3. Leave to stand in the microwave for **1 minute**.
4. Gently shake pack and heat on FULL POWER for a further: **2 minutes**.
5. Leave to stand in the microwave for **1 minute**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35 minutes**.
4. 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: 1561 - Mini Pork Faggot with Mashed Potato & Peas

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

MICROWAVE Cooking instructions

700 WATT	1. Remove sleeve and pierce film lid. 2. Heat on FULL POWER for: **5 minutes**. 3. Gently shake pack and heat on FULL POWER for a further: **5 minutes**. 4. Remove film lid and serve.
900 WATT	1. Remove sleeve and pierce film lid. 2. Heat on FULL POWER for: **4 minutes**. 3. Gently shake pack and heat on FULL POWER for a further: **4 minutes**. 4. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in centre of the oven for **35 minutes**.
4. 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: 1562 - Vegetarian Sausages & Mash

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6 minutes and 30 seconds**.
3. Leave to stand in the microwave for **1 minute**.
4. Gently shake pack and heat on FULL POWER for a further: **6 minutes and 30 seconds**.
5. Leave to stand in the microwave for **1 minute**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 minutes and 30 seconds**.
3. Leave to stand in the microwave for **1 minute**.
4. Gently shake pack and heat on FULL POWER for a further: **5 minutes and 30 seconds**.
5. Leave to stand in the microwave for **1 minute**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 minutes**.
4. 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: 1563 - Mini Vegetarian Sausage & Mash

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

MICROWAVE Cooking instructions

700 WATT

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

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 minutes**.
3. Gently shake pack and heat on FULL POWER for a further: **3 minutes**.
4. Leave to stand in the microwave for **1 minute**.
5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in centre of the oven for **35 minutes**.
4. 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: 1565 - Pork Faggot with Mashed Potato & Peas

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **8 minutes**.
3. Gently shake pack and heat on FULL POWER for a further: **8 minutes**.
4. Leave to stand in the microwave for **1 minute**.
5. Remove film lid and serve.

900 WATT

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

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in centre of the oven for **35-40 minutes**.
4. Allow to stand for **1 minute** 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: 1566 - Mini Chicken Curry with Pilau Rice

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

MICROWAVE Cooking instructions

800 WATT	1. Remove sleeve and pierce film lid. 2. Heat on FULL POWER for: **3 minutes**. 3. Peel back film lid and stir each compartment separately. 4. Heat on FULL POWER for a further: **2 minutes and 30 seconds**. 5. Leave to stand for **1 minute**. 6. Remove film lid, stir and serve.
900 WATT	1. Remove sleeve and pierce film lid. 2. Heat on FULL POWER for: **3 minutes**. 3. Peel back film lid and stir each compartment separately. 4. Heat on FULL POWER for a further: **2 minutes**. 5. Leave to stand for **1 minute**. 6. Remove film lid, stir and serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **20 minutes**.
4. Peel back film lid and stir each compartment separately.
5. Re-cover and cook for a further **10-15 minutes**.
6. Remove from the oven and leave to stand for **1 minute**.
7. Remove film lid, 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: 1567 - Mini Chicken Korma with Pilau Rice

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

MICROWAVE Cooking instructions

800 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 minutes**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **2 minutes and 30 seconds**.
5. Leave to stand for **1 minute**.
6. Remove film lid, stir and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 minutes**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **2 minutes**.
5. Leave to stand for **1 minute**.
6. Remove film lid, stir and serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **20 minutes**.
4. Peel back film lid and stir each compartment separately.
5. Re-cover and cook for a further **10-15 minutes**.
6. Remove from the oven and leave to stand for **1 minute**.
7. Remove film lid, 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: 1568 - Mini Vegetable Tikka Masala with Pilau Rice

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

MICROWAVE Cooking instructions

800 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 minutes**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **2 minutes and 30 seconds**.
5. Leave to stand for **1 minute**.
6. Remove film lid, stir and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 minutes**.
3. Peel back film lid and stir each compartment separately.
4. Heat on FULL POWER for a further: **2 minutes**.
5. Leave to stand for **1 minute**.
6. Remove film lid, stir and serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **20 minutes**.
4. Peel back film lid and stir each compartment separately.
5. Re-cover and cook for a further **10-15 minutes**.
6. Remove from the oven and leave to stand for **1 minute**.
7. Remove film lid, 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: 1569 - Gammon & Creamy Onion Sauce

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

MICROWAVE Cooking instructions

700 WATT	1. Remove sleeve and pierce film lid. 2. Heat on FULL POWER for: **5 minutes**. 3. Gently shake pack and heat on FULL POWER for a further: **5 minutes**. 4. Leave to stand in the microwave for **1 minute**. 5. Remove film lid and serve.
900 WATT	1. Remove sleeve and pierce film lid. 2. Heat on FULL POWER for: **5 minutes**. 3. Gently shake pack and heat on FULL POWER for a further: **4 minutes**. 4. Leave to stand in the microwave for **1 minute**. 5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in centre of the oven for **35-40 minutes**.
4. 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: 1570 - Vegetarian Roast Dinner

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **10 minutes**.
3. Remove from microwave, peel back film from potatoes compartment.
4. Heat on FULL POWER for a further: **10 minutes**.
5. Leave to stand in the microwave for **1 minute**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **8 minutes**.
3. Remove from microwave, peel back film from potatoes compartment.
4. Heat on FULL POWER for a further: **7 minutes**.
5. Leave to stand in the microwave for **1 minute**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6.**
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 minutes**.
4. Remove from the oven and allow to stand for **1 minute**.
5. 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: 1571 - Mini Vegetarian Roast Dinner

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **6 minutes and 30 seconds**.
3. Remove from microwave, peel back film from potatoes compartment.
4. Heat on FULL POWER for a further: **6 minutes and 30 seconds**.
5. Leave to stand in the microwave for **1 minute**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **5 minutes and 30 seconds**.
3. Remove from microwave, peel back film from potatoes compartment.
4. Heat on FULL POWER for a further: **5 minutes and 30 seconds**.
5. Leave to stand in the microwave for **1 minute**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6.**
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35 minutes**.
4. 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: 1572 - Chicken in a Red Wine Gravy

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **9 minutes**.
3. Leave to stand in the microwave for **1 minute**.
4. Heat on FULL POWER for a further: **9 minutes**.
5. Leave to stand in the microwave for **1 minute**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **8 minutes**.
3. Leave to stand in the microwave for **1 minute**.
4. Heat on FULL POWER for a further: **8 minutes**.
5. Leave to stand in the microwave for **1 minute**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6.**
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in the centre of the oven for **35-40 minutes**.
4. 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: 1573 - Mini Gammon & Creamy Onion Sauce

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 minutes and 30 seconds**.
3. Leave to stand in the microwave for **1 minute**.
4. Gently shake pack and heat on FULL POWER for a further: **3 minutes**.
5. Leave to stand in the microwave for **1 minute**.
6. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 minutes**.
3. Leave to stand in the microwave for **1 minute**.
4. Gently shake pack and heat on FULL POWER for a further: **2 minutes**.
5. Leave to stand in the microwave for **1 minute**.
6. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in centre of the oven for **30-35 minutes**.
4. 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: 1574 - Pork Meatballs with Spaghetti

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

MICROWAVE Cooking instructions

700 WATT

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

900 WATT

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

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in centre of the oven for **35-40 minutes**.
4. 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: 1575 - Mini Pork Meatballs with Spaghetti

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

MICROWAVE Cooking instructions

700 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 minutes and 30 seconds**.
3. Gently shake pack and heat on FULL POWER for a further: **3 minutes**.
4. Leave to stand in the microwave for **1 minute**.
5. Remove film lid and serve.

900 WATT

1. Remove sleeve and pierce film lid.
2. Heat on FULL POWER for: **3 minutes**.
3. Gently shake pack and heat on FULL POWER for a further: **2 minutes**.
4. Leave to stand in the microwave for **1 minute**.
5. Remove film lid and serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove sleeve, pierce film lid, place on baking tray.
3. Cook in centre of the oven for **30-35 minutes**.
4. 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 1874 - Chicken Tikka Masala

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 **4½ minutes**. • Leave to stand in the microwave for **1 minute**. • Remove film lid and serve.
OVEN	Cooking Instructions
	• Pre-heat oven to **200ºC/400ºF, Gas Mark 6**. • Remove sleeve, pierce film lid, place on baking tray. • Cook in the centre of the oven for **35-40 minutes**. • 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: 2005 - Profiteroles with Chocolate Sauce

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

NOT SUITABLE FOR MICROWAVE DEFROSTING

DEFROSTING instructions

- Remove dessert from pack and place on a plate.
- Defrost fully at room temperature for **1-2 hours** or overnight in a refrigerator.
- If not consumed immediately, place in a sealed container and consume within 24 hours.

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: 2012 - Cream & Raspberry Jam Scone

Defrost & Serve.

This dessert is not suitable for microwave defrosting	
Defrosting instructions	• Remove from freezer: • Remove dessert from pack and place on a plate. • Allow product to defrost for 8 hours at 5˚C or below in the refrigerator If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

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: 2019 - Low Sugar Cherry Cheesecake

Defrost & Serve.

This dessert is not suitable for microwave defrosting	
Defrosting instructions	• Remove from freezer: • Remove dessert from pack and place on a plate. • Allow product to defrost for 8 hours at 5˚C or below in the refrigerator If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

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: 2020 - Low Sugar Black Forest Torte

Defrost & Serve.

This dessert is not suitable for microwave defrosting	
Defrosting instructions	• Remove from freezer: • Remove dessert from pack and place on a plate. • Allow product to defrost for 8 hours at 5˚C or below in the refrigerator If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

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: 2026 - Plum Crumble

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.
- Heat on FULL POWER for: **3 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, stir well and serve.

900 WATT

- Remove sleeve and pierce film.
- Heat on FULL POWER for: **3 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

1. Pre-heat oven to 200°C/400°F, Gas mark 6.
2. Remove sleeve, pierce film, place on baking tray.
3. Heat in the centre of the oven for **30-35 minutes**.
4. 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: 2032 - Blackcurrant Crumble Tart

Defrost & Serve.

DEFROST instructions

- Remove dessert from pack and place on a plate.
- Defrost fully at room temperature for approximately 1-2 hours, or overnight in a refrigerator.
- If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

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: 2033 - Fruits of the Forest Fruit Salad

Defrost & Serve.

DEFROST instructions

- Remove frozen fruit from all packaging and place on serving plate
- Defrost thoroughly for a minimum of 2 ? hours at room temperature or for a minimum of 12 hours in the refrigerator
- Keep refrigerated once defrosted
- Use within 24 hours

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: 2034 - Spiced Treacle & Orange Tart

Defrost & Serve.

DEFROST instructions

- Remove dessert from pack and place on a plate.
- Defrost fully at room temperature for approximately 1-2 hours, or overnight in a refrigerator.
- If not consumed immediately, cover and transfer to a refrigerator, consume within 24 hours.

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 **G1288 - Olde English Pork Sausages**

NOT SUITABLE FOR MICROWAVE COOKING

PAN	Cooking Instructions
	• DEFROST thoroughly in a refrigerator for 8-10 hours. • Fry in a little oil on a medium heat, turning occasionally for 15-1**6 minutes**. • Remove 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 **G1290 - Dry Cured Smoked Back Bacon**

NOT SUITABLE FOR MICROWAVE COOKING

PAN	Cooking Instructions
	• Defrost thoroughly in a refrigerator. • Fry in a little oil over a medium heat for 4-**5 minutes**, turning occasionally. • Remove 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 **G1291 - Dry Cured Unsmoked Back Bacon**

NOT SUITABLE FOR MICROWAVE COOKING

PAN	Cooking Instructions
	• Defrost thoroughly in a refrigerator. • Fry in a little oil over a medium heat for 4-**5 minutes**, turning occasionally. • Remove 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 **G1292 - Smoked Ham**

Defrost & Serve.

DEFROSTING Instructions

- Defrost thoroughly in a refrigerator
- Serve.

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.