

INSTRUCTIONS AND INGREDIENTS

Freezer meals - mains

BRAISED BEEF CHEEK, ALE AND MUSHROOM PIE

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6.

Remove the lid from the container and cook for 30 - 40 mins or until piping hot and crust is golden and flaky.

Ingredients

Beef cheek, chicken stock, button mushrooms, onions, carrots, garlic, thyme, Pride of Sheffield ale, puff pastry

ROAST PORK WITH BUBBLE AND SQUEAK GF WF

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6.

Keep the lid on the container and cook for 30 -35 mins or until piping hot.

Serve with a sauce or English mustard

Ingredients

Pork belly, chicken stock, star anise, peppercorns, thyme, smoked pancetta, Jersey royals, savoy cabbage, salt and pepper

CHICKEN AND CHORIZO CASSOULET

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6.

Keep the lid on the container and cook for 45mins – 60mins or until piping hot.

Ingredients

Chicken thighs, cooking chorizo, cannellini beans, berlotti beans, leeks, onions, garlic, tomato purée, tomatoes, parsley, onions, and stock

BEEF BRISKET CHILLI WITH LIME AND CORIANDER YOGHURT GF WF

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6.

Remove the lid from the container and cook for 45 - 60 mins or until piping hot.

Ingredients

Beef brisket, kidney beans, red peppers, onions, tomatoes, red chillies, celery, garlic, chilli powder, chilli flakes, cumin, salt and pepper, cow's milk yoghurt and lime juice

BEEF CHEEK, CELERIAC AND PARMESAN LASGANA GF WF

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6.

Keep the lid on the container and cook for 35- 45 mins or until piping hot.

GF = gluten free WF = wheat free DF = dairy free V = vegetarian Ve = vegan N = contains nuts
Ask us for gluten free bread. Please tell us if you have an allergy. Full allergen information is available,
but we cannot guarantee that dishes are allergen free.

Tips are shared equally among our team.

Take lid off for last ten minutes to brown

Ingredients

Beef cheeks, celeriac, parmesan, salt, pepper, star anise, GF flour, butter, milk and thyme.

SUMMER ROASTED VEGETABLE RATAOUILLE AND PAPPARDELLE RAGU

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6.

Keep the lid on the container and cook for 25- 35 mins or until piping hot.

Ingredients

Peppers, tomatoes, courgettes, aubergines, onions, butternut squash, salt and pepper, sugar, Pappardelle pasta, parsley and basil.

ROASTED BROCCOLI, SPINACH, MUSHROOM AND QUINOA BAKE v

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6.

Keep the lid on the container and cook for 40- 55 mins or until piping hot.

Ingredients

Broccoli, spinach, mushroom, quinoa

WILD MUSHROOM AND GOAT'S CHEESE LASAGNE v

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6.

Keep the lid on the container and cook for 40- 55 mins or until piping hot.

Ingredients

Wild mushroom, goat's cheese, cheddar, pasta, milk, butter, flour, pasta sheets and oregano

VEGETABLE MOUSSAKA v

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6.

Keep the lid on the container and cook for 45 mins, or until piping hot.

Ingredients

Aubergine, tomatoes, onions, feta, milk, butter, flour, lentils, parsley, potatoes and garlic

BEEF CHEEK BOURGUIGNON

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6.

GF = gluten free WF = wheat free DF = dairy free V = vegetarian Ve = vegan N = contains nuts
Ask us for gluten free bread. Please tell us if you have an allergy. Full allergen information is available,
but we cannot guarantee that dishes are allergen free.

Tips are shared equally among our team.

Remove the lid from the container and cook for 45 - 60 mins or until piping hot.

Ingredients

Beef cheek, smoked bacon, celeriac, onions, mushrooms, carrots, red wine, flour, thyme, parsley, bay leaf, black peppercorns

FISH CHOWDER

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6.

Remove the lid from the container and cook for 45 - 60 mins or until piping hot, please stir before serving.

Ingredients

Sea bass, smoked salmon, onions, celery, leeks, sweet potato, sweetcorn, butter, flour, milk, cream, white pepper, salt, vegetable stock, parsley, chives and smoked paprika

Whilst all care was taken to remove any small bones, we cannot guarantee this is the case

CAULIFLOWER, CHICKPEA AND PEA CURRY GF WF V

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 180°C or Gas mark 6.

Keep the lid on the container and cook for 45 mins or until piping hot.

Ingredients

Chickpea, cauliflower, peas, onions, cumin, coriander seeds, coriander, curry powder, turmeric, tomatoes, onion powder, garlic powder, salt and pepper

CHICKEN CHASSEUR

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6.

Keep the lid on the container and cook for 30- 45 mins or until piping hot.

Ingredients

Chicken thighs, smoked pancetta, mushrooms, white wine, tomato purée, tarragon, parsley, onions, flour, butter and stock

BEEF CHEEK CHILLI GF WF

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6.

Remove the lid from the container and cook for 45 - 60 mins or until piping hot.

Ingredients

GF = gluten free WF = wheat free DF = dairy free V = vegetarian Ve = vegan N = contains nuts
Ask us for gluten free bread. Please tell us if you have an allergy. Full allergen information is available, but we cannot guarantee that dishes are allergen free.

Tips are shared equally among our team.

Beef cheek, kidney beans, red peppers, onions, tomatoes, red chillies, celery, garlic, chilli powder, chilli flakes, cumin, salt and pepper

LAMB TAGINE GF WF N

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6. Keep the lid on the container and cook for 35- 45 mins or until piping hot.

Ingredients

Lamb shoulder, apricots, raisins, chickpeas, tomatoes, saffron, white wine, onions, garlic, almonds or cashews, parsley, coriander, salt and pepper

ROASTED VEGETABLE TAGINE GF WF N

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6. Keep the lid on the container and cook for 35- 45 mins or until piping hot.

Ingredients

Butternut squash, courgettes, aubergines, chickpeas, tomatoes, saffron, white wine, onions, garlic, almonds or cashews, parsley, coriander, salt and pepper

MEATBALL MACARONI

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6. Keep the lid on the container and cook for 35- 45 mins or until piping hot.

Ingredients

Pork mince, onions, garlic, fennel, oregano, sage, parmesan, breadcrumbs, eggs, tomatoes, macaroni, smoked paprika, chilli flakes, salt and pepper

SLOW COOKED CHICKEN AND HAM HOCK PIE WITH ENGLISH MUSTARD MASH

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6. Keep the lid on the container and cook for 35mins – 45 mins or until piping hot.

Ingredients

Chicken thighs, ham hocks, ham stock, onions, garlic, parsley, onions, milk, butter, flour, potatoes, English mustard, carrots

GF = gluten free WF = wheat free DF = dairy free V = vegetarian Ve = vegan N = contains nuts
Ask us for gluten free bread. Please tell us if you have an allergy. Full allergen information is available, but we cannot guarantee that dishes are allergen free.

Tips are shared equally among our team.

CHICKEN, SMOKED PANCETTA AND PARMESAN POTATO GRATIN GF WF

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6.

Keep the lid on the container and cook for 45mins take lid off for 10 mins until golden brown and piping hot.

Ingredients

Chicken thighs, smoked pancetta, butter, gf flour, parsley, thyme, English mustard, potatoes and parmesan

FISH PIE WITH SMOKED CHEDDAR MASH

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 190°C or Gas mark 6. Remove the lid from the container and cook for 45 - 60 mins or until piping hot.

Ingredients

Onions, butter, celery, flour, smoked salmon, smoked haddock, cod, salmon, leeks, milk, parsley carrots, peas, potatoes, garlic, vegetable stock, egg yolk, smoked cheddar.

GF = gluten free WF = wheat free DF = dairy free V = vegetarian Ve = vegan N = contains nuts
Ask us for gluten free bread. Please tell us if you have an allergy. Full allergen information is available,
but we cannot guarantee that dishes are allergen free.

Tips are shared equally among our team.