

## INSTRUCTIONS AND INGREDIENTS

Freezer meals - starters

### BBQ PORK BELLY CROQUETTES WITH CARAMALISED APPLE PURÉE

#### *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 15 to 20 mins or until piping hot.

#### *Ingredients*

Pork belly, soy sauce, tomato ketchup, sugar, salt, white wine vinegar, chives, flour, eggs and breadcrumbs

### SPICED BEETROOT AND CELERIAC SOUP GF WF V

#### *Cooking instructions*

This meal is to be cooked from frozen by placing some water in the bottom of a saucepan, add the frozen soup and heat gently until the soup has melted and then bring to the boil.

Or put the soup in the fridge and defrost overnight and then heat up in a saucepan.

#### *Ingredients*

Celeriac, beetroot, butter, onions, garlic, carrots, celery, dill, curry powder, onion powder and vegetable stock

### TWICE BAKED SMOKED SALMON SOUFFLES

#### *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 10-12 mins or until piping hot.

#### *Ingredients*

Smoked salmon, eggs, flour, butter, milk, parsley, Dijon mustard, breadcrumbs

### SMOKED CHEESE AND RED PEPPER CROQUETTES v

#### *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 15 to 20 mins or until piping hot.

#### *Ingredients*

Roasted red peppers, smoked paprika, smoked Applewood cheese, panko breadcrumbs, parsley, butter, flour, egg, salt and pepper

### WALNUT CRUSTED GOAT'S CHEESE WITH ROSEMARY HONEY GF WF N

#### *Cooking instructions*

This meal is to be cooked from frozen. Pre-heat the oven to 180°C or Gas mark 6. Remove the lid from the container and cook for 8 to 10 mins – just to soften the cheese – keep an eye on it!

Add honey once softened.

#### *Ingredients*

Goat's cheese, flour, egg, walnuts, rosemary, honey

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.

## FISHCAKES WITH LEMON MAYONNAISE

### *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 20 mins or until piping hot.

### *Ingredients*

Salmon lemon zest cod, parsley, dill, potatoes

## LAMB SHANK AND THYME CROQUETTES v

### *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 15 to 20 mins or until piping hot.

### *Ingredients*

Lamb shank, thyme, cumin, parsley and bay leaf, potatoes, parmesan, parsley, milk, butter, flour, egg, onion and garlic powder, salt and pepper

## CAULIFLOWER AND PISTACHIO FRITTERS GF WF N V

### *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 20 to 30 mins or until piping hot.

### *Ingredients*

Cauliflower, raisins, pistachios, cumin, eggs, gluten free flour, mint, salt and pepper

## CONFIT DUCK & VEGETABLE SPRING ROLLS WITH WILD GARLIC DIPPING SAUCE

### *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 18 to 20 mins or until piping hot.

### *Ingredients*

Duck legs, star anise, cinnamon, salt, five spice, spring onions, red peppers, coriander, chives, soy sauce, sesame seeds, sesame oil and wild garlic

## TWICE BAKED GOAT'S CHEESE SOUFFLES v

### *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 10-12 mins or until piping hot.

### *Ingredients*

Goat's cheese, eggs, flour, butter, milk, thyme, breadcrumb

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## KING PRAWN AND CHIVE GYOZA DUMPLINGS WITH SESAME DIPPING SAUCE

### *Cooking instructions*

Place in boiling salted water for 3-5 mins until piping hot.

### *Ingredients*

King prawns, ginger, garlic, spring onions, lemon, chives, wheat flour, water and starch

Sauce: dumpling vinegar, sesame oil, soy sauce and sesame seeds

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