

INSTRUCTIONS AND INGREDIENTS

Freezer meals - starters

CAULIFLOWER SOUFFLES

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 12-124mins or until piping hot fluffy and golden

Ingredients

Cauliflower eggs, flour, butter, milk, thyme breadcrumbs

BEEF CHEEK ROLY POLY WITH TARRAGON MAYONNAISE

Cooking instructions

Heat in a pre-heated oven at 180c for 10-12 minutes until golden and hot, serve with tarragon mayonnaise

Ingredients

Beef cheek, flour, red wine, beef stock, thyme, garlic, tomato puree, beef suet, mustard, tarragon, eggs, oil

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

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.