

## INSTRUCTIONS AND INGREDIENTS

Freezer meals – mains and sides

### SLOW BRAISED BEEF CHEEK AND ALE PIE, WITH CRUSHED JERSEY ROYALS

#### *Cooking instructions*

This meal is to be cooked from frozen. Pre-heat the oven to 180°C or Gas mark 5. Remove the lid from the container and cook for 45 mins or until piping hot.

#### *Ingredients*

*Beef cheek, ale, thyme, onions, garlic, beef stock, star anise, cinnamon, chives, butter*

### SLOW BRAISED BEEF CHEEK AND ALE PUFF PASTRY PIE

#### *Cooking instructions*

This meal is to be cooked from frozen. Pre-heat the oven to 180°C or Gas mark 5. Remove the lid from the container and cook for 45 mins or until piping hot.

#### *Ingredients*

*Beef cheek, ale, thyme, onions, garlic, beef stock, star anise, cinnamon, parsley, flour, eggs, butter*

### CHICKEN/TURKEY AND HAM HOCK PIE

#### *Cooking instructions*

This meal is to be cooked from frozen. Pre-heat the oven to 180°C or Gas mark 5. Remove the lid from the container and cook for 45 mins or until piping hot and pastry is golden brown.

#### *Ingredients*

*Chicken/turkey, ham, chicken and ham stock, shallots, carrots, butter, celery, parsley, puff pastry.*

### CHICKPEA, SPINACH AND POTATO RAGU

#### *Cooking instructions*

This meal is to be cooked from frozen. Pre-heat the oven to 180°C or Gas mark 5. Remove the lid from the container and cook for 35 mins or until piping hot.

#### *Ingredients*

*Tomatoes, chickpeas, spinach, potatoes, coriander, curry powder, cumin and cinnamon*

### BRAISED PARTRIDGE, ALE AND MUSHROOM PIE WITH HORSERADISH MASH OR AS A PUFF PASTRY 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.

#### *Ingredients*

*Partridge, chicken stock, mushrooms, onions, carrots, garlic, thyme, Pride of Sheffield ale, potatoes,*

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*horseradish, butter and milk*

## **BEEF AND MUSHROOM PIE WITH PUFF PASTRY**

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.

### *Ingredients*

*Beef, beef stock, mushrooms, onions, carrots, garlic, thyme, Pride of Sheffield ale, potatoes, pastry*

## **VENISON, THYME AND JUNIPER PUFF PASTRY PIE**

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.

### *Ingredients*

*Venison, venison stock, celery, onions, carrots, garlic, thyme, Red wine, port, pastry*

## **ROASTED COD, TOMATO AND CHORIZO BEAN CASSOULET**

This meal is to be cooked from frozen. Pre-heat the oven to 180°C or Gas mark 5.

Keep the lid on the container and cook for 30-40 mins or until piping hot.

### *Ingredients*

*Tomatoes, cod, chorizo, berlotti beans, cannellini beans, parsley, tarragon*

## **WILD MUSHROOM SPINACH AND BRIE LASAGNE v OR KALE AND GOAT'S CHEESE LASAGNA**

### *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. For the last 10 mins remove the lid to brown the top

### *Ingredients*

*Wild mushroom, brie, spinach, mushroom stock, pasta, milk, butter, flour, pasta sheets and garlic.*

## **FISH PIE WITH 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, cod, salmon, hak, scallops, leeks, milk, parsley carrots, peas, potatoes, garlic, vegetable stock, egg yolk, smoked cheddar, salt and pepper.*

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## CHICKEN AND CURRIED VEG PIE

### Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 180°C or Gas mark 5.

Remove the lid from the container and cook for 45 mins or until piping hot and pastry is golden brown.

### Ingredients

*Chicken, carrots, onion, celery, leek, green beans, peas, mushrooms, curry powder, butter, flour, chicken stock, salt and pepper and puff pastry*

## IBERICO PORK, APPLE CIDER, CELERIAC AND PUFF PASTRY PIE

### Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 180°C or Gas mark 5.

Remove the lid from the container and cook for 45 mins or until piping hot and pastry is golden brown.

The Iberico pork is meant to be served pink and this is safe to eat.

### Ingredients

*Iberico pork, apple cider, celeriac, puff pastry, butter, flour, vegetable stock, onions, celery, carrots, salt and pepper.*

## BEEF CHEEK RIGATONE

### Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 180°C or Gas mark 5.

Place container in the oven with the lid on and cook for 40- 45 mins or until piping hot.

Be careful removing the lid as there will be steam!

### Ingredients

*Beef cheek, rigatone pasta, tomatoes, onions, garlic, paprika, parsley, celery and red wine vinegar*

## BEEF, MUSROOM AND ALE PIE

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 40-45 mins or until piping hot.

### Ingredients

*Beef, smoked pancetta, onions, mushrooms, red wine, ale, beef stock, butter, flour, puff pastry*

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## JERUSALEM ARTICHOKE AND MUSHROOM PITHIVIER

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 25-35 mins or until piping hot.

### *Ingredients*

*Artichokes, mushrooms, butter, tarragon, truffle, vegetable stock, puff pastry*

## BRIE AND BEETROOT LASAGNE

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. For the last 10 mins remove the lid to brown the top

### *Ingredients*

*Butter, flour, milk, brie, beetroot, pasta, parsley, thyme, Lincolnshire Poacher cheese, salt and pepper*

## LAMB SHOULDER PUFF PASTRY PIE

### Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 180°C or Gas mark 5.

Remove the lid from the container and cook for 45 mins or until piping hot and pastry is golden brown.

### *Ingredients*

*Lamb shoulder, onions, garlic, carrots, peas, lamb stock, puff pastry, rosemary, thyme, celery, mustard, soya, milk, egg, bay leaf*

## MEATBALLS IN A SPICY TOMATO SAUCE WITH RED PEPPER

This meal is to be cooked from frozen. Pre-heat the oven to 180°C or Gas mark 5.

Remove the lid from the container and cook for 30-35 mins or until piping hot.

### *Ingredients*

*Beef mince, pork mince, garlic, onion, dill, parsley, mustard, eggs, breadcrumbs, milk, all spice, tomato, paprika, roasted red pepper, salt and pepper*

## SLOW COOKED PORK BELLY

### Cooking instructions

Place pork belly in the vacuum sealed bag into a pan of simmering water and cook for 10 minutes.

Remove the bag from the water and remove the pork from the bag. Place on a baking tray and roast at 180°C for 30 minutes until piping hot. At the same time put the beetroot and potato terrine on a baking tray and cook at 180°C for 25-30 minutes until piping hot. Place the kale into a pan of simmering water and cook for 10 minutes until hot.

### *Ingredients*

*Pork belly, salt, star anise, thyme, fennel seeds, black peppercorns, coriander seeds, cloves*

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## **COD AND CHORIZO PIE WITH DILL MASH**

### *Cooking instructions*

This meal is to be cooked from frozen. Pre-heat the oven to 180°C or Gas mark 5. Remove the lid from the container and cook for 45 mins or until piping hot.

### *Ingredients*

*Cod, chorizo, chives, dill, potatoes, smoked paprika, butter, flour, milk, egg, fish stock*

## **SIDES**

### **POTATO TERRINE/BEETROOT, POTATO AND CUMIN TERRINE**

Remove from the packaging and place on a baking tray and cook for 18-20 mins at 180c or until piping hot

### *Ingredients*

*Beetroot, potato, cumin, salt, pepper*

### **RATATOUILLE**

Cook in a pre-heated oven of 180c for 20 mins with the lid on until hot

### *Ingredients*

*Courgette, aubergine, tomatoes, rosemary, thyme*

### **BUTTERED SPINACH**

Bring a pan of boiling water to the boil and place the spinach in the bag in the water, simmer for 5-8 mins until piping hot.

### *Ingredients*

*Spinach, butter, lemon, garlic, salt*

### **KALE WITH CEP MUSHROOM BUTTER**

Bring a pan of boiling water to the boil and place the kale in the bag in the water, simmer for 5-8 mins until piping hot.

### *Ingredients*

*Kale, butter, cep mushrooms, cep powder, salt*

### **SMOKED MASH AND CHEESE CROQUETTES/CHEESE AND ONION**

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.

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*Smoked cheese, mash potato, onion powder, spring onions, chives, salt, pepper, flour, eggs, breadcrumbs*

## **CAULIFLOWER CHEESE**

Cook in a pre-heated oven of 180°C for 20-25 mins until piping hot. Remove lid for last 5 mins of cooking.

### *Ingredients*

*Cheese, cauliflower, butter, flour, milk, mustard*

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