

INSTRUCTIONS AND INGREDIENTS

Freezer meals - starters

CHICKEN AND HAM HOCK TERRINE

Cooking instructions

This meal is to be kept frozen. When ready to eat simply take out of the freezer and defrost.

Ingredients

Smoked ham hock, parsley, ham stock, tarragon, gherkins, wholegrain mustard

CAULIFLOWER/CAMEMBERT 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 /camembert, eggs, flour, butter, milk, thyme breadcrumbs

BEEF CHEEK ROLY POLY

Cooking instructions

This meal is to be cooked from frozen. Heat in a pre-heated oven at 180c for 10-12 minutes until golden and hot.

Ingredients

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

SMOKED CHEESE AND RED PEPPER CROQUETTES/MANCHEGO AND SPINACH

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

CUMIN SPICED LAMB MEATBALLS, RED PEPPER AND TOMATO 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 40-45 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.

Lamb, red pepper, tomatoes, cumin, coriander, breadcrumbs, onions, garlic, pepper, salt and parsley

CUMIN SPICED VEGGIE BALLS, RED PEPPER AND TOMATO 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 40-45 mins or until piping hot.

Ingredients

Chickpeas, berlotti beans, garlic, coriander, breadcrumbs, onions, parsley, pepper and salt red pepper, tomatoes, cumin.

CRAB CAKES

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 – 20mins or until piping hot.

Ingredients

Crab, potatoes, salt, pepper, dill, chives, lemon zest, sugar, mustard flour, ground celery seed, cayenne, bay leaves, cloves, coriander seed, nutmeg, all spice, flour, egg and breadcrumbs

GOAT'S CHEESE AND BEETROOT ARANCINI

Cooking instructions

This meal is to be cooked from frozen. Pre-heat the oven to 180°C.
Remove the lid from the container and cook for 20mins or until piping hot.

Ingredients

Goat's cheese, beetroot, risotto rice, onion, garlic, beetroot juice, vegetable stock, flour, eggs, breadcrumbs

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