



INFORMATION SHEET

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FAMILY MEAL KITS

CARBONARA PENNE FAMILY MEAL KIT

Kit Contains: 1lt container of Carbonara Pasta Sauce, 500gm Penne Pasta, Parmesan Cheese.

Ingredients List:

Sauce: Cream, bacon, parmesan cheese, onion, parsley, maize corn flour, vegetable oil, garlic, herbs, spices.

Pasta: As per packet.

Cheese: Parmesan cheese.

Allergens: MILK EGG WHEAT.

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

Pasta: Keep as per instructions on packet.

Cheese: Keep frozen. Thaw before use. Use with 3 days of thawing.

How to heat & serve

For best results, thaw Carbonara Sauce in the refrigerator overnight.

1. Heat sauce in a saucepan over low heat, do not allow to boil.
2. Cook pasta according to directions in this Information Sheet.
3. In a bowl mix half the heated Carbonara sauce through the cooked pasta.
4. Serve into bowls and top with remainder of Carbonara sauce and fresh parmesan.

BUTTER CHICKEN FAMILY MEAL KIT gf*

Kit Contains: 750ml container of Butter Chicken sauce, 500gm Tandoori Chicken, 500gm Basmati Rice.

Ingredients List:

Sauce: Tomato, water, cream, honey, onion, ginger, garlic, maize corn flour, vegetable oil, herbs, spices.

Rice: Rice.

Chicken: Chicken breast, yogurt, ginger, garlic, lemon juice, spices.

Allergens: MILK.

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

Rice: Keep in packaging.

Chicken: Keep frozen. Thaw before use. Use with 3 days of thawing.

How to heat & serve:

For best results, thaw Butter Chicken Sauce & Tandoori Chicken in the refrigerator overnight.

Ensure thawed Chicken is stored on the bottom shelf of your refrigerator away from foods it can potentially cross contaminate with.

1. Prepare rice according to directions in this Information Sheet.
2. Sear off the Tandoor Chicken in a fry pan.
3. Pour Butter Chicken sauce over chicken and gently simmer to allow chicken to cook through.
4. Serve over rice.

RAVIOLI MILANESE FAMILY MEAL KIT

Kit Contains: 1lt Container of Milanese Sauce, 1kg Ravioli, Parmesan Cheese.

Ingredients List:

Sauce: Tomato, beef, cream, cheese, onion, garlic, herbs, spices, vegetable oil.

Pasta: As per packet.

Cheese: Parmesan cheese.

Allergens: MILK, EGG, GLUTEN, SOY, WHEAT.

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

Pasta: Keep as per instructions on packet.

Cheese: Keep frozen. Thaw before use. Use with 3 days of thawing.

How to heat & serve

For best results, thaw Milanese in the refrigerator overnight.

1. Heat sauce in a saucepan over low heat, do not allow to boil.
2. Cook pasta according to directions in this Information Sheet.
3. In a bowl mix half the heated Carbonara sauce through the cooked pasta.
4. Serve into bowls and top with remainder of Carbonara sauce and fresh parmesan.



VEGETABLE CURRY FAMILY MEAL KIT v vg df gf*

Kit Contains: 1lt container of Vegetable Curry, 500gm Basmati Rice.

Ingredients List:

Sauce: Water, chickpeas, sweet potato, eggplant, zucchini, baby spinach, cauliflower, capsicum, onion, coconut milk powder, garlic, maize corn flour, herbs, spices, vegetable oil.

Rice: Rice.

Allergens:

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

Rice: Keep in packaging.

How to heat & serve:

For best results, thaw Vegetable Curry in the refrigerator overnight.

1. Prepare rice according to directions in this Information Sheet.
2. Heat sauce in a saucepan over low heat, do not allow to boil.
3. Serve over rice.

BEEF KORMA FAMILY MEAL KIT df

Kit Contains: 2x 750ml container of Beef Korma sauce, 500gm Basmati Rice.

Ingredients List:

Sauce: Beef, potato, onion, tomato, water, coconut milk powder, maize corn flour, cashew paste, ginger, garlic, herbs, spices.

Rice: Rice.

Allergens: TREE NUTS.

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

Rice: Keep in packaging.

How to heat & serve:

For best results, thaw the Beef Korma in the refrigerator overnight.

1. Prepare rice according to directions in this Information Sheet.
2. Heat sauce in a saucepan over low heat, do not allow to boil.
3. Serve over rice.

SPAGHETTI BOLOGNESE FAMILY MEAL KIT

Kit Contains: 1lt Container of Bolognese Sauce, 500gm Spaghetti.

Ingredients List:

Sauce: Tomato, beef, carrot, celery, onion, garlic, herbs, spices, vegetable oil.

Pasta: As per packet.

Allergens: MILK, WHEAT.

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

Rice: Keep in packaging.

How to heat & serve:

For best results, thaw Bolognese Sauce in the refrigerator overnight.

1. Heat sauce in a saucepan over low heat, do not allow to boil.
2. Cook pasta according to directions in this Information Sheet.
3. Serve Bolognese Sauce over cooked Spaghetti and sprinkle with parmesan cheese.
4. Serve.

BEEF LASAGNE

Kit Contains: 1 Tray of Beef Lasagne, 1 500ml container Napolitana Sauce, Parmesan Cheese.

Ingredients List:

Lasagne: Tomato, beef, carrot, celery, onion, milk, lasagne sheets [durum wheat, semolina], cheese, garlic, spices, flour, margarine, vegetable oil.

Sauce: Tomato, onion, garlic, herbs, spices.

Cheese: Parmesan Cheese

Allergens: MILK, WHEAT, SOY, EGG

Storage & Thawing:

Lasagne: Keep frozen. Thaw before use. Use with 3 days of thawing.

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

Cheese: Keep frozen. Thaw before use. Use with 3 days of thawing.

How to heat & serve:

1. Heat tray of Lasagne in the foil container in fan forced oven at 160deg for 30-45 minutes, or until heated through.
2. Heat the Napolitana Sauce in the microwave until hot.
2. Remove lid for the last 5 minutes of the cooking process to allow Lasagne to brown.
3. Cut into slices, top with Napolitana Sauce and parmesan cheese and serve.



NACHOS FAMILY MEAL KIT gf

Kit Contains: 1 500ml container of Chilli Con Carne, 500ml Liquid Cheese Sauce, 1 500ml container Salsa, 500gm bag of Corn Chips.

Ingredients List:

Chilli Con Carne: Tomato, beef, refried bean, black beans, onion, roast capsicum, garlic, herbs, spices, vegetable oil.

Salsa: Tomato, onion, roast capsicum, herbs, spices.

Liquid Cheese: Water, cheese (42%) [Milk, salt, starter culture, enzyme], thickener (1442, 415), mineral salts (450, 452, 339, 340, 341), acidity regulator (330), preservative (202, 234), natural colour (160(a) and 160(e)), and butyric acid.

Corn Chips: As per packet

Allergens: MILK

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

Rice: Keep in packaging.

How to heat & serve:

1. Heat the Chilli and Liquid Cheese in the microwave until hot (separately)
2. Divide Corn Chips into bowls (corn chips can be heated in the oven or microwave if preferred)
3. Evenly distribute the Chilli Con Carne, Liquid Cheese and Salsa over Corn Chips.
4. Serve.



SPINACH AND RICOTTA LASAGNE v gf *

Kit Contains: 1 Tray of Spinach & Ricotta Lasagne, 1 500ml container Napolitana Sauce, Parmesan Cheese.

Ingredients List:

Lasagne: Tomato, onion, baby spinach, ricotta, cream, lasagne sheets [maize starch, soya flour, rice starch, potato starch], cheese, garlic, herbs, spices.

Sauce: Tomato, onion, garlic, herbs, spices.

Cheese: Parmesan Cheese

Allergens: MILK, SOY.

Storage & Thawing:

Lasagne: Keep frozen. Thaw before use. Use with 3 days of thawing.

How to heat & serve:

1. Heat tray of Lasagne in the foil container in fan forced oven at 160deg for 30-45 minutes, or until heated through.
2. Heat the Napolitana Sauce in the microwave until hot.
2. Remove lid for the last 5 minutes of the cooking process to allow Lasagne to brown.
3. Cut into slices, top with Napolitana Sauce and parmesan cheese and serve.

TOMATO & BACON PENNE FAMILY MEAL KIT

Kit Contains: 1lt Container of Carbonara Pasta Sauce. 500gm Penne Pasta. Parmesan Cheese.

Ingredients List

Sauce: Tomato, bacon, vegetable oil, garlic, herbs, spices.

Pasta: As per packet.

Cheese: Parmesan cheese.

Allergens: MILK EGG WHEAT.

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

Pasta: Keep as per instructions on packet.

Cheese: Keep frozen. Thaw before use. Use with 3 days of thawing.

How to heat & serve

For best results, thaw Tomato & Bacon Sauce in the refrigerator overnight.

5. Heat sauce in a saucepan over low heat, do not allow to boil.
6. Cook pasta according to directions in this Information Sheet.
7. In a bowl mix half the heated Tomato and Bacon sauce through the cooked pasta.
8. Serve into bowls and top with remainder of Tomato and Bacon sauce and fresh parmesan.

SINGLE SERVES

BUTTER CHICKEN AND RICE (H1) gf

Ingredients List: Rice, Chicken, Tomato, water, cream, honey, onion, ginger, garlic, maize corn flour, vegetable oil, herbs, spices.

Allergens: MILK

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

How to heat & serve

1. Remove lid from container and replace on container loosely so steam can escape from product whilst heating.
2. Heat in microwave on medium setting for 3 – 5 minutes, or until product is hot.



BEEF LASAGNE (H2)

Ingredients List: Diced tomato, beef, carrot, celery, onion, milk, lasagne sheets [durum wheat, semolina], cheese, garlic, spices, pain flour, margarine.

Allergens: MILK, WHEAT, SOY, EGG.

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

How to heat & serve

1. Remove lid from container and replace on container loosely so steam can escape from product whilst heating.
2. Heat in microwave on medium setting for 3 – 5 minutes, or until product is hot.

SPINACH & RICOTTA LASAGNE v gf (H3)

Ingredients List: Tomato, onion, baby spinach, ricotta, cream, lasagne sheets [maize starch, soya flour, rice starch, potato starch], cheese, garlic, herbs, spices.

Allergens: MILK, SOY

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

How to heat & serve

1. Remove lid from container and replace on container loosely so steam can escape from product whilst heating.
2. Heat in microwave on medium setting for 3 – 5 minutes, or until product is hot.



RAVIOLI MILANESE (H4)

Ingredients List: Beef Ravioli, Tomato, beef, cream, cheese, onion, garlic, herbs, spices, vegetable oil.

Allergens: MILK. EGG, SOY WHEAT.

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

How to heat & serve

1. Remove lid from container and replace on container loosely so steam can escape from product whilst heating.
2. Heat in microwave on medium setting for 3 – 5 minutes, or until product is hot.

Vegetable Curry v vg df gf* (H5)

Ingredients List: Rice, water, chickpea, sweet potato, eggplant, zucchini, baby spinach, cauliflower, capsicum, onion, coconut milk powder, garlic, spices, vegetable oil, olive oil.

Allergens:

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

How to heat & serve

1. Remove lid from container and replace on container loosely so steam can escape from product whilst heating.
2. Heat in microwave on medium setting for 3 – 5 minutes, or until product is hot.

THAI CHICKEN NOODLES (H6)

Ingredients List: Hokkien noodle, chicken, carrot, capsicum, baby corn, spring onion, soy sauce, Kecap Manis, sweet chilli sauce, garlic, ginger, coriander, sesame oil.

Allergens: SOY, WHEAT, EGG, SEASAME.

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

How to heat & serve

1. Remove lid from container and replace on container loosely so steam can escape from product whilst heating.
2. Heat in microwave on medium setting for 3 – 5 minutes, or until product is hot, stirring halfway through.

NASI GORENG CHICKEN df (H7)

Ingredients List: Rice, chicken, bamboo, peas, corn, soy sauce, Kecap Manis, sweet chilli sauce, sesame oil, garlic, ginger, spring onion, coriander, maize corn flour.

Allergens: SOY, WHEAT, SEASAME.

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

How to heat & serve

1. Remove lid from container and replace on container loosely so steam can escape from product whilst heating.
2. Heat in microwave on medium setting for 3 – 5 minutes, or until product is hot, stirring halfway through.





MARGHERITA PIZZA P1

Ingredients List: Pizza base [Wheat Flour (Thiamin, Folic Acid), Filtered Water, Fresh Yeast(emulsifier(e491), ascorbic(e300), Iodised Salt (Sea salt,potassium Iodate), Oil (Soy +/-or Canola), Improver (Wheat Flour, Malt Flour, (Wheat) antioxidant (ascorbic acidE300)), Enzymes (wheat)], pizza sauce [Tomato, onion, garlic, herbs, spices], cheese.

This product may contain traces of Sesame Seeds.,

Allergens: WHEAT, MILK, SOY.

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

How to heat & serve

Oven: Preheat oven to 160C. Place pizza on over tray. Bake for 8-10 minutes or until hot and golden.

Microwave: Heat in microwave on medium heat for 2-4 minutes, or until hot.

HAWAIIAN PIZZA P2

Ingredients List: Pizza base [Wheat Flour (Thiamin, Folic Acid), Filtered Water, Fresh Yeast(emulsifier(e491), ascorbic(e300), Iodised Salt (Sea salt,potassium Iodate), Oil (Soy +/-or Canola), Improver (Wheat Flour, Malt Flour, (Wheat) antioxidant (ascorbic acidE300)), Enzymes (wheat)], pizza sauce [Tomato, onion, garlic, herbs, spices], cheese, bacon, pineapple.

This product may contain traces of Sesame Seeds.,

Allergens: WHEAT, MILK, SOY

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

How to heat & serve

Oven: Preheat oven to 160C. Place pizza on over tray. Bake for 8-10 minutes or until hot and golden.

Microwave: Heat in microwave on medium heat for 2-4 minutes, or until hot.

GARLIC & CHEESE PIZZA P3

Ingredients List: Pizza base [Wheat Flour (Thiamin, Folic Acid), Filtered Water, Fresh Yeast(emulsifier(e491), ascorbic(e300), Iodised Salt (Sea salt,potassium Iodate), Oil (Soy +/-or Canola), Improver (Wheat Flour, Malt Flour, (Wheat) antioxidant (ascorbic acidE300)),Enzymes (wheat)], cheese, margarine, garlic, herbs, spices.

This product may contain traces of Sesame Seeds.,

Allergens: WHEAT, MILK, SOY.

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

How to heat & serve

Oven: Preheat oven to 160C. Place pizza on over tray. Bake for 8-10 minutes or until hot and golden.

Microwave: Heat in microwave on medium heat for 2-4 minutes, or until hot.

AUSTRALIAN PIZZA P4

Ingredients List: Pizza base [Wheat Flour (Thiamin, Folic Acid), Filtered Water, Fresh Yeast(emulsifier(e491), ascorbic(e300), Iodised Salt (Sea salt,potassium Iodate), Oil (Soy +/-or Canola), Improver (Wheat Flour, Malt Flour, (Wheat) antioxidant (ascorbic acidE300)),Enzymes (wheat)], pizza sauce [Tomato, onion, garlic, herbs, spices], cheese, bacon.

This product may contain traces of Sesame Seeds.,

Allergens: WHEAT, MILK.

Storage & Thawing:

Sauce: Keep frozen. Thaw before use. Use with 3 days of thawing.

How to heat & serve

Oven: Preheat oven to 160C. Place pizza on over tray. Bake for 8-10 minutes or until hot and golden.

Microwave: Heat in microwave on medium heat for 2-4 minutes, or until hot.

RECYCLING

All our sauces are served in packaging that can be reused or recycled!

To reuse the containers simply pop them in the dishwasher so they are clean and ready for your next use.

The containers can be used again in the freezer, fridge, pantry or even shed!

If you have no further use for your used containers, please recycle them through your normal household recycling.

V Vegetarian

VG Vegan

DF Dairy Free

GF Gluten Friendly

