

203336C Vegetable Roast with Apricot & Goats Chees



Pack Size: 12 X 290G

Details: Pan-fried vegetables with apricots and sunflower seeds, topped with creamy goat's cheese.

Allergen Information

Contains:

Cereal, Sulphur Dioxide, Eggs, Gluten, Milk

Free from:

Celery, Fish, Lupin, Molluscs, Mustard, Nuts, Peanuts, Sesame, Crustaceans, Soya

Suitable for:

Vegetarians

Handling Information

Directions For Use:

For best results cook in oven from frozen. Oven - Pre-heat oven to 180°C. Place product on tray and cook for 25-30 minutes. Always ensure product is piping hot before serving.

1800W Microwave (from frozen) Allow to defrost in refrigerated conditions. Once

Storage Instructions:

Keep frozen at less than -18°C

Product Ingredients

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Root Vegetables (31%) (Parsnip (53%), Carrot, Potato), Onion (13%), Goats Cheese (MILK) (10%), Mushroom, Spinach, White Breadcrumbs (WHEAT

Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Yeast), Unsalted Butter (MILK), Sunflower Seeds (2%), Dried Apricots (4%) (Preservatives

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

186 kcal / 775 kJ

Fat:

11.51 g

of which saturates:

5.01 g

Carbohydrates:

15.41 g

of which sugars:

5.6 g

Fibre:

2.6 g

Protein:

5.82 g

Salt:

0.55 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging

or speak with our QA Department.