



HOW TO PREPARE YOUR DELICIOUSLY EASY MEALS:

Napolitana Sauce/ Bolognese Sauce

Heating instructions:

Microwave: Allow to defrost, remove lid and microwave on high for 3-4 minutes, stirring halfway, or until heated through.

Conventional: Add contents to a saucepan and simmer, stirring occasionally until heated through.

*Pour over your favourite cooked pasta

PS use good quality imported Italian pasta – it makes all the difference to the end product

Butternut Soup/Leek and Potato Soup/Pork and Bean Soup

Heating instructions:

Microwave: Allow to defrost, remove lid and microwave on high for 3-4 minutes, stirring halfway, or until heated through.

Conventional: Add contents to a saucepan and simmer, stirring occasionally until heated through.

Beef Lasagne/ Vegetable Cannelloni/ Melanzane alla parmigiana/ Creamy Chicken and Broccoli Bake/Cottage Pie/Macaroni Cheese/Beef Vegetable Stew

350g

Heating Instructions:

Not suitable for microwaves.

Oven: Cook from frozen.

Preheat oven to 180°C. Remove lid and cook for 40-45 mins. Allow to stand for 5 mins before serving.

Beef Lasagne/ Vegetable Cannelloni/ Melanzane alla parmigiana/Creamy Chicken and Broccoli Bake/Cottage Pie/ Macaroni Cheese/Beef Vegetable Stew

1.2kg

Heating Instructions:

Not suitable for microwaves.

Oven: Cook from frozen.

Preheat oven to 180°C. Remove lid and cook for 55-60 mins. Allow to stand for 5 mins before serving.

Beef Lasagne/ Vegetable Cannelloni/ Macaroni Cheese

1.8kg

Heating Instructions:

Not suitable for microwaves.

Oven: Cook from frozen.

Preheat oven to 180°C. Remove lid and cook for 60-70 mins. Allow to stand for 10 mins before serving.

Ravioli Napoli/Bolognese

Heating Instructions:

Microwave: Allow to defrost, remove lid and microwave on high for 3-4 minutes, stirring halfway, or until heated through.

DO NOT REFREEZE ONCE DEFROSTED