




Cooking Guide

Mini Kebabs*

	Stove	12 - 14 mins (turn occasionally)	Medium
	BBQ	12 - 14 mins (turn occasionally)	Medium

Schnitzel Strips

	Stove Shallow Fry	5 mins (turn half way)	Medium
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Fetta & Capsicum Scrolls

	Fan Forced Oven	30 mins	180°C
	Conventional Oven	30 mins	180°C

Pastry Parcels

	Fan Forced Oven	30 mins	180°C
	Conventional Oven	30 mins	180°C

Wings - All Flavours

	Fan Forced Oven	25 - 30 mins	180°C
	Conventional Oven	25 - 30 mins	180°C

*These products contain wooden skewers that may have sharp ends.

Cooking times are based on pre-heated ovens. Oven cooking times may vary between brands. BBQ times may vary depending on style and brand.

Mini BBQ Kebabs

NUTRITION INFORMATION		
Serving Size:	52g	
Approx. No. of Serves:	6	
	Average Qty Per Serve	Average Qty Per 100g
ENERGY	303kJ (73Cal)	582kJ (139Cal)
PROTEIN	8.4g	16.2g
FAT, TOTAL	3.2g	6.2g
- SATURATED	1.0g	1.8g
CARBOHYDRATE	2.4g	4.5g
- SUGARS	1.7g	3.3g
SODIUM	182mg	349mg

Chicken (86%), BBQ Marinade (13%) [Water, Sugar, Tomato Pulp (Antioxidant (330)), Lemon Juice, Salt, Thickener (1422), Worcestershire Sauce Powder (Preservative (220)), Food Acids (260, 331), Flavourings, Colour (150d), Vegetable Gum (415), Spices, Spice Extracts], Thickener (461).

Garnish Contains: Parsley Flakes.

None to declare.

Herb & Garlic Schnitzel Strips

NUTRITION INFORMATION		
Serving Size:	33g	
Approx. No. of Serves:	6	
	Average Qty Per Serve	Average Qty Per 100g
ENERGY	220kJ (53Cal)	661kJ (158Cal)
PROTEIN	5.8g	17.3g
FAT, TOTAL	0.6g	1.9g
- SATURATED	0.2g	0.5g
CARBOHYDRATE	5.7g	17.0g
- SUGARS	0.3g	0.9g
SODIUM	98mg	295mg

Chicken (66%), Crumb (19%) (Wheat Flour, Olive Oil, Salt, Sugar And Yeast), Batter [Water, Wheat Flour, Thickener (1404), Salt, Mineral Salts (500, 541, 450), Soy Flour, Dehydrated Vegetables, Emulsifier (322), Spice Extract], Herb & Garlic Seasoning (2%) [Dehydrated Vegetables (Garlic (31%)), Herbs (16%)].

Contains Wheat and Soy.

Fetta & Capsicum Scrolls

NUTRITION INFORMATION		
Serving Size:	18g	
Approx. No. of Serves:	6	
	Average Qty Per Serve	Average Qty Per 100g
ENERGY	205kJ (49Cal)	1150kJ (276Cal)
PROTEIN	1.6g	8.8g
FAT, TOTAL	3.3g	18.7g
- SATURATED	1.7g	9.7g
CARBOHYDRATE	3.1g	17.6g
- SUGARS	0.3g	1.5g
SODIUM	89mg	503mg

Chicken Mince Mix [Chicken (69%), Vegetables (Carrot, Cauliflower, Broccoli And/or Green Beans, Peas, Corn), Seasoning (Rice Flour, Salt, Potato Flakes (Emulsifier (471), Food Acid (330)), Soy Protein, Hydrolysed Vegetable Protein, Maize Starch, Mineral Salts (450, 451), Dehydrated Vegetables, Vegetable Powder, Herbs, Sugar, Spices, Flavouring, Preservatives (220, 223), Maltodextrin, Spice Extracts, Anti-Caking Agent (551)), Water, Italian Sauce (Tomatoes (57.6%) (Crushed Tomatoes, Tomato Paste), Water, Thickeners (1422, 415), Salt, Basil, Hydrolysed Vegetable Protein, Vegetables (Onion, Garlic), Food Acid (330), Spice And Spice Extract (Pepper, Paprika Oleoresin))], Puff Pastry (41%) [Wheat Flour, Margarine (Emulsifiers (471, 322), Antioxidant (307b)), Milk Solids, Preservative (202)], Fetta Cheese (4.5%) [Pasteurised Cow's Milk, Salt, Non Animal Rennet, Cultures], Roasted Capsicum (4.5%), Vegetable Ghee.

Garnish Contains: Parsley.

Contains Wheat, Milk, Soy and Sulphites.

May Contain Egg.

Spinach, Pinenut & Fetta Parcels

NUTRITION INFORMATION		
Serving Size:	50g	
Approx. No. of Serves:	6	
	Average Qty Per Serve	Average Qty Per 100g
ENERGY	662kJ (158Cal)	1320kJ (316Cal)
PROTEIN	4.4g	8.7g
FAT, TOTAL	10.5g	21.0g
- SATURATED	5.7g	11.4g
CARBOHYDRATE	11.3g	22.7g
- SUGARS	0.6g	1.3g
SODIUM	235mg	470mg

Pastry (59%) [Wheat Flour, Margarine (Vegetable Oil, Water, Salt, Emulsifier (471, 322), Acidity Regulator (330), Antioxidant (307b), Water, Milk Solids, Preservative (202), Salt], Chicken Mince Mix [Chicken (78%), Water, Seasoning (Rice Flour, Salt, Soy Protein, Hydrolysed Vegetable Protein, Maize Starch, Mineral Salt (451), Sugar, Pinenuts (3.3%), Herbs and Spices, Vegetable Powder, Vegetable Oil, Preservative (223), Maltodextrin, Spice Extracts, Anti-Caking Agent (551)), Spinach], Fetta (4%) (Milk), Vegetable Ghee.

Contains Wheat, Milk, Soy, Tree Nuts and Sulphites.

May Contain Egg.

Chinese Honey Wings

NUTRITION INFORMATION		
Serving Size:	100g	
Approx. No. of Serves:	1	
	Average Qty Per Serve	Average Qty Per 100g
ENERGY	790kJ (189Cal)	790kJ (189Cal)
PROTEIN	15.2g	15.2g
FAT, TOTAL	13.1g	13.1g
- SATURATED	4.6g	4.6g
CARBOHYDRATE	2.9g	2.9g
- SUGARS	2.4g	2.4g
SODIUM	329mg	329mg

Chicken (93%), Chinese Honey Marinade (7%) [Water, Sugar, Hydrolysed Vegetable Protein, Honey (7%), Vinegar, Salt, Sherry (Preservative (220)), Vegetable, Colour (150d), Thickener (1422), Spices, Black Bean Powder (Soy), Vegetable Gum (415), Yeast Extract, Food Acid (330), Sesame Oil].

Contains Sesame Seeds, Soy, Honey and Sulphites.

Southern Style Wings

NUTRITION INFORMATION		
Serving Size:	100g	
Approx. No. of Serves:	1	
	Average Qty Per Serve	Average Qty Per 100g
ENERGY	941kJ (225Cal)	941kJ (225Cal)
PROTEIN	15.0g	15.0g
FAT, TOTAL	15.1g	15.1g
- SATURATED	4.8g	4.8g
CARBOHYDRATE	7.7g	7.7g
- SUGARS	0.6g	0.6g
SODIUM	231mg	231mg

Chicken (87%), Southern Style Coating (11%) [Wheat Flour, Thickeners (1420, 1422), Canola Oil, Dehydrated Vegetables, Salt, Herbs & Spices, Yeast Extract, Sugar, Yeast, Wheat Gluten, Colour (160c)], Vegetable Oil.

Contains Wheat.
May Contain Soy.