



McCain Foods (AUS & NZ) Pty Ltd

Customer Specification

202329

McCain BROCCOLI, CAULIFLOWER, CARROTS AND BEANS 6 X 2kg

HEATING INSTRUCTIONS:

For best results heat from frozen.
Do Not Thaw before cooking.

STOVE TOP:

1. Place frozen BROCCOLI, CAULIFLOWER, CARROTS & BEANS in boiling water.
2. Add a pinch of salt if desired. Bring back to the boil and simmer until tender.
3. 100g approx 3minutes.
4. 500g approx 4 minutes.
3. Drain and serve.

MICROWAVE:

1. Pour 100g frozen BROCCOLI, CAULIFLOWER, CARROTS & BEANS into a microwave safe dish.
 2. Cook on HIGH for 2-3 minutes or until tender.
 3. Stand for two minutes, and Serve
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1. Pour 500g frozen BROCCOLI, CAULIFLOWER, CARROTS & BEANS into a microwave safe dish.
 2. Cook on HIGH for 7-8 minutes or until tender.
 3. Stand for two minutes, and serve

NOTE: Microwave instructions are based on an 700W oven. Please adjust accordingly.

INGREDIENTS: BEANS, CARROTS, BROCCOLI, CAULIFLOWER.

NUTRITION INFORMATION		
Servings per package: 20		
Serving size: 100 g		
	Quantity Per serve	Quantity Per 100g
Energy	128kj (31 Cal)	128kj (31 Cal)
Protein	1.3g	1.3g
Fat, total	0.4g	0.4g
- saturated	0.2g	0.2g
Carbohydrate	4.2g	4.2g
- sugars	3.0g	3.0g
Sodium	45mg	45mg

Halal: Certified

Kosher: Not Certified

Vegan: Contains no animal products

Vegetarian: Contains no meat products

GMO Statement: This Product does not require Labelling as a genetically modified food in accordance with the Australian/NZ Food standards Code Volume 2, Section 1.5.2

Storage: Keep frozen at or below -18°C. Keeps for 2 years from the date of manufacturing
If content becomes thawed, use as soon as possible, Do not refreeze.

Transport: The product should be transported in accordance with the recommended Code of Practice for handling merchandising Frozen Foods such that product temperature and integrity is maintained at all times.

This specification is valid at the time of issue. Check packaging for most up to date information. Please request updates as required.

Product of New Zealand

