

Garden Peas (Chefs Selections)

Pack Size: 2.5KG BAG

Product Description:

Sweet garden peas which are ready to cook from frozen.

Brand: Chefs Selections



Ingredient Declaration: Peas (100%)

Allergens:

NOT APPLICABLE N/A

Additional Allergen Information:

Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
		Macadamia (Queensland) nuts	No
		Pecan nuts	No
		Pistachio nuts	No
		Walnuts	No

Diet Suitability:

NOT APPLICABLE N/A

SUITABLE FOR Coeliacs, Vegetarians, Vegan

Nutritional Information:

Nutrient	per 100g/ml
Energy (kJ/kcal)	69 kcal / 289 kJ
Fat	0.3 g
of which Saturates	0.1 g
Carbohydrate	9 g
of which Sugars	3.1 g
Fibre	4.6 g
Protein	5.2 g
Salt	0.1 g

Directions For Use:

Boil - Add frozen garden peas to boiling water. Bring the contents back to the boil. Cover the pan and simmer for approximately 3-4 minutes until tender. Season to taste. Microwave - Place frozen garden peas into a microwave proof dish. Add 2 tablespoons of water, cover and microwave on full power for 4 minutes (800W) stirring halfway through cooking. Allow to stand for 1 minute, drain and serve. Check product is piping hot throughout before serving. Do not reheat. CAUTION: This product is raw and must be cooked as per instructions.

Storage Instructions: Keep frozen. Store below -18°C. Do not refreeze once defrosted.

Shelf Life Once Open:

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.