

# 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:**

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

**Diet Suitability:**

NOT APPLICABLE N/A  
 SUITABLE FOR Vegetarians, Vegan

**Nutritional Information:**

<b>Nutrient</b>	<b>per 100g/ml</b>
<b>Energy (kJ/kcal)</b>	66 kcal / 276 kJ
<b>Fat</b>	0.5 g
<b>of which Saturates</b>	0.1 g
<b>Carbohydrate</b>	8.5 g
<b>of which Sugars</b>	1.7 g
<b>Fibre</b>	5 g
<b>Protein</b>	5.4 g
<b>Salt</b>	0.04 g

**Directions For Use:**

For best results, cook from frozen. Do not eat raw. 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 if allowed to thaw.

**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.