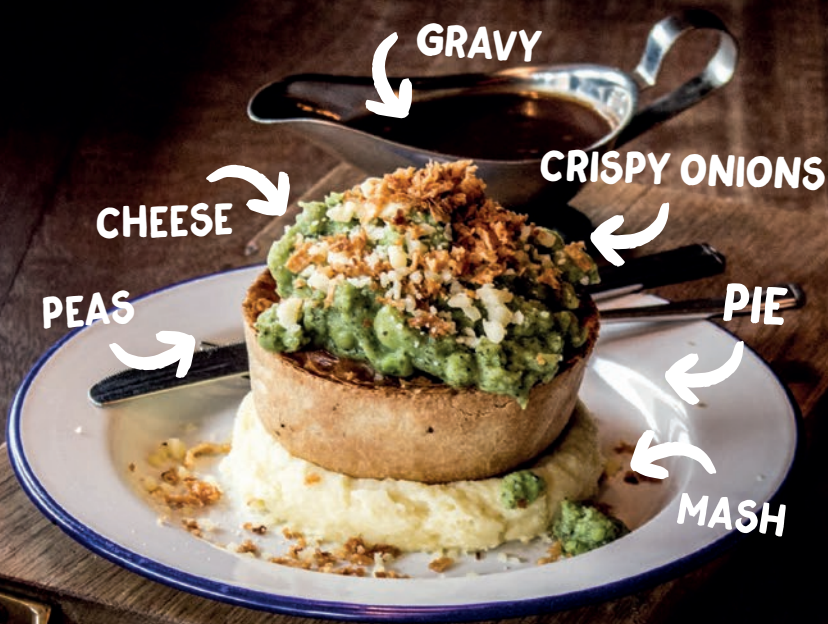


PIEMINISTER



HEATING INSTRUCTIONS

PIES: Preheat the oven to 180°C / 160°C fan / 350°F / Gas mark 4, place the pies on a baking tray and cook for 25 minutes.

MASH: Microwave: Empty the contents of the pouch into a microwave suitable container and loosely place a lid on top. Heat on full power for 7-8 minutes (900W/800W), or until piping hot, stirring halfway through. Leave to stand for 1 minute then stir well before serving. **Boil in the bag:** Bring a deep pan of water to boil, then carefully place the pouch into the water and boil for 7 minutes. Carefully remove the bag from the water, cut open the top and stir well before serving.

PEAS: Microwave: Empty the contents of the pouch into a microwave suitable container and loosely place a lid on top. Heat on full power for 5-6 minutes (900W/800W), or until piping hot, stirring halfway through. **Boil in the bag:** Bring a deep pan of water to boil, then carefully place the pouch into the water and boil for 10 minutes. Carefully remove the bag from the water, cut open the top and stir well before serving.

GRAVY: Microwave: Empty the contents of the pouch into a microwave suitable container and loosely place a lid on top. Heat on full power for 4-5 minutes (900W/800W), or until piping hot, stirring halfway through. Leave to stand for 1 minute, then stir well before serving. **Boil in the bag:** Bring a deep pan of water to boil, then carefully place the pouch into the water and boil for 7 minutes. Carefully remove the bag from the water, cut open the top and stir well before serving.

PRODUCT INFO

PIES (270g X 4) Per portion: 270g

For individual pie ingredients, allergens and nutritional information see pie box.

MASH (800g) v/vg Per portion: 200g

Ingredients: Mashed potato (potato (97%), emulsifier (mono- and di-glycerides of fatty acids), stabiliser (disodium diphosphate), turmeric), water, rapeseed oil, sunflower oil, salt, Dijon **mustard** (water, **mustard** seeds, spirit vinegar, salt), white pepper, **soya** bean, sugar, emulsifier (sucrose esters of fatty acids), stabilisers (xanthan gum, guar gum, carrageenan), flavouring.

For allergens including cereals containing gluten, see ingredients in **bold**. May contain traces of **wheat**, **milk**, **sulphite**.

NUTRITION:

Typical Values	Per 100g
Energy (kJ)	51.5
Energy (kcal)	123
Fat	6.5g
of which saturates	0.7g
Carbohydrate	14.4g
of which sugars	0.5g
Protein	1.8g
Salt	0.8g

MINTY MUSHY PEAS (500g) v/vg Per portion: 125g

Ingredients: Processed peas (70%) (water, sugar, salt, colours (Riboflavin, Brilliant Blue FCF)), frozen peas (27%), mint sauce (3%) (water, spirit vinegar, sugar, malt vinegar (**barley**), dried mint (9.6%), salt, acidity regulator (acetic acid), stabiliser (guar gum)).

For allergens including cereals containing gluten, see ingredients in **bold**.

NUTRITION:

Typical Values	Per 100g
Energy (kJ)	1000
Energy (kcal)	150
Fat	60.0g
of which saturates	30.2g
Carbohydrate	40.3g
of which sugars	10.2g
Protein	5.6g
Salt	1.2g

RED WINE & ONION GRAVY (500g) v/vg Per portion: 125g

Ingredients: Water, red wine (10%), maize starch, yeast extract, onion powder, salt, rice flour, tapioca flour, potato flour, maize flour, buckwheat flour, sugar, gluten free **barley** malt extract, tomato powder, leek powder, carrot powder, garlic powder, porcini powder, onion extract.

For allergens including cereals containing gluten, see ingredients in **bold**. May contain traces of **mustard** and **sesame** seeds.

NUTRITION:

Typical Values	Per 100g
Energy (kJ)	143
Energy (kcal)	38
Fat	0.1 g
of which saturates	0.0 g
Carbohydrate	6.7 g
of which sugars	1.3 g
Protein	1.0 g
Salt	0.9 g

CRISPY ONIONS (60g) v/vg Per portion: 15g

Onion (76%), segregated sustainable palm oil, **wheat** flour, salt.

For allergens including cereals containing gluten, see ingredients in **bold**.

NUTRITION:

Typical Values	Per 100g
Energy (kJ)	2530
Energy (kcal)	610
Fat	46.0 g
of which saturates	23.0 g
Carbohydrate	44.0 g
of which sugars	15.0 g
Protein	6.0 g
Salt	1.1 g

V - VEGETARIAN VG - VEGAN

CHEESE CRUMB (120g) v Per portion: 30g

(Classic Mothership kit only)

Ingredients: Cheddar **cheese** (98%), starch (2%).

For allergens including cereals containing gluten, see ingredients in **bold**.

NUTRITION:

Typical Values	Per 100g
Energy (kJ)	1645
Energy (kcal)	410
Fat	34.0 g
of which saturates	21.1 g
Carbohydrate	1.0 g
of which sugars	0.0 g
Protein	25.0 g
Salt	1.5 g

ALTERNATIVE TO CHEESE MADE WITH COCONUT OIL (120g) v/vg Per portion: 30g

(Vegan Mothership kit only)

Ingredients: Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid (<0.2%), Colour: B-Carotene, Vitamin B12.

For allergens including cereals containing gluten, see ingredients in **bold**.

NUTRITION:

Typical Values	Per 100g
Energy (kJ)	1247
Energy (kcal)	298
Fat	24.0 g
of which saturates	22.0 g
Carbohydrate	21.0 g
of which sugars	0.0 g
Protein	0.0 g
Salt	2.2 g

KEEP ALL COMPONENTS REFRIGERATED BELOW 5°C. SEE PRODUCT LABEL FOR USE BY DATE.

RECYCLING INFO

We're hopeful that most of the packaging in this bundle you'll find a second (and third... and fourth?!) use for. But when the time has come for it to go, the below should be a useful guide for where to put it:

OUTER BOXES

Cardboard recycling (remember to remove the tape)

INSULATING WRAP

Paper recycling (how cool is that?)

PIE BOXES

Cardboard recycling (just wipe off all crumbs first. If it's got lots of food or grease on, then send it to industrial composting instead as it's biodegradable too)

LINER BAG

LDPE recycling (the same place as carrier bags. If your kerbside boxes don't take them, your local supermarket will)

ICE PACKS

LDPE recycling (same place as the liner – just make sure you drain it out first)

MASH, PEAS AND GRAVY POUCHES –

Unfortunately these are not yet recyclable but we hope to find a fully recyclable way of sending these chilled sides safely ASAP

SPRINKLE POTS

Cardboard recycling (again, make sure crumb free)