



MOTHERSHIP 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 4 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 keep boiling 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 3 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 8 minutes. Carefully remove the bag from the water, cut open the top and stir well before serving.

GRAVY: Microwave: Empty contents into a microwave suitable container. Microwave on full power (900W/800W): 5 minutes, stirring frequently. Leave to stand (1 minute) until thickened.

Heat on the hob: Empty contents into a small pan. Bring to a boil and simmer for 4 minutes, stirring often. Leave to stand until thickened.

PIE MINISTER

CRISPY ONIONS



GRATED CHEDDAR



GRAVY



MUSHY PEAS



AWARD WINNING PIE



CREAMY MASH



PLATE

PRODUCT INFO

PIES (270g X 2) Per portion: 270g

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

MASH (400g) 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)	515
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 (250g) v/vg Per portion: 125g

Ingredients: Processed peas (70%) (water, sugar, salt, colours [E101 – Riboflavin, E133 – Brilliant Blue FCF]), frozen peas (26%), mint sauce (2%) (mint, spirit vinegar, water, salt, acetic acid, colour [copper chlorophyll]), caster sugar.

For allergens including cereals containing gluten, please see ingredients in **bold**. May contain traces of **wheat** and **barley**.

NUTRITION:

Typical Values	Per 100g
Energy (kJ)	321
Energy (kcal)	71
Fat	0.6g
of which saturates	0.3g
Carbohydrate	11.7g
of which sugars	2.0g
Protein	5.6g
Salt	0.5g

PM GRAVY (2 X 200ml) v/vg

Ingredients: water, yeast extract (yeast extract, salt), modified maize starch, redcurrant jelly (brown sugar, water, redcurrant juice concentrate, lemon juice concentrate, gelling agent (pectin)), sunflower oil, rapeseed oil, balsamic vinegar, onion powder, onion extract, gluten free **barley** malt extract, tomato puree, natural caramel, onion concentrate, kelp powder, ground pimento, ground black pepper.

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

NUTRITION:

Typical Values	Per 100g
Energy (kJ)	193
Energy (kcal)	46
Fat	1.3g
of which saturates	0.2g
Carbohydrate	6.7g
of which sugars	1.7g
Protein	1.8g
Salt	0.7g

CRISPY ONIONS (30g) 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	46.0g
of which saturates	23.0g
Carbohydrate	44.0g
of which sugars	15.0g
Protein	6.0g
Salt	1.1g

CHEESE CRUMB (60g) v Per portion: 30g

(Classic Mothership kit only)

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

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

NUTRITION:

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

ALTERNATIVE TO CHEESE MADE WITH COCONUT OIL (60g) v/vg Per portion: 30g

(Plant based Mothership Kit)

Ingredients: Water, coconut oil (24%), modified starch, starch, sea salt, flavourings, olive extract, 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	24.0g
of which saturates	22.0g
Carbohydrate	21.0g
of which sugars	0.0g
Protein	0.0g
Salt	2.2g

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

V - VEGETARIAN VG - VEGAN

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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 shake off all crumbs first)

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 POUCHES

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

GRAVY CARTONS

Carton recycling (rinse the carton out and flatten them)

SPRINKLE POTS

Cardboard recycling (again, make sure crumb free)