



CRISPY ONIONS

GRAVY

CHEESE

PEAS

PIE

MASH

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 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 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 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 contents into a microwave suitable container. Microwave on full power (900W/800W): 8-9 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.

CRISPY ONIONS



GRATED CHEDDAR



GRAVY



MUSHY PEAS



AWARD WINNING PIE



CREAMY MASH



PLATE



PRODUCT INFO

PIES (270g X 4) Per portion: 200g

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

MASH (800g) v/vc 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 (500g) v/vc 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 |

RED WINE & ONION GRAVY (500g) v/vc 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**.

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/vc Per portion: 15g

Ingredients: 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.

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/vc Per portion: 30g

(Vegan Mothership kit only)

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 | 24.0 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)