

Section	Dish	INGREDIENTS	HEATING	MICROWAVE	STORAGE
PLEASE PREHEAT YOUR OVEN TO 180C FAN. ALL DISHES ARE COOKED AT THIS TEMPERATURE UNLESS STATED OTHERWISE. IF YOU HAVE A BAGUETTE, PLEASE WARM THIS THROUGH FOR 8 MINUTES					
Microwave. Decant all dishes into a microwaveable container and cover. Instructions are for 800W to 1000W domestic microwave. Please note that using a microwave may be detrimental to the texture of the dish					
S T A R T E R S	Escargots de Bourgogne au beurre persille	Snails, MILK, garlic, shallots, cayenne pepper, lemon, parsley, WHEAT FLOUR GLUTEN, yeast.	Remove from packaging, heat for 18 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Gratin de coquilles St Jacques	MOLLUSCS, MILK, wheat flour gluten, gluten free flour, potatoes, CELERY, wine, nutmeg	Remove from packaging heat for 18 mins on a baking tray	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Quenelle de saumon et crevettes aux fine herbes, sauce aurore	FISH, CRUSTACEAN, EGGS, MILK, herbs, tomato, olives, mushrooms, brandy, wine, CELERY,	Remove lid and heat for 20 mins	3 minutes 2 times on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Soufflé au trois fromages	MILK, EGGS, gluten free flour, nutmeg, onions, salt, pepper	Remove lid and heat for 18 mins	3 minute twice on 75%	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Soufflé aux champignons	EGG, MILK, WHEAT FLOUR GLUTEN, mushroom, shallot, gluten free flour	Remove lid and heat at 180C for 18 minutes	Heat on full power for 2 minutes. twice	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months, freeze on day of delivery. Defrost overnight in the fridge before cooking as per instructions
	Friand porc et sauge	Wheat flour WHEAT FLOUR GLUTEN, pork, leek, EGGS, spices, MILK	Remove lid and heat for 10 minutes		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
M A I N C O U R S E S	Cabillaud au four	FISH, WHEAT FLOUR GLUTEN, parsley, lemon, MUSTARD, capers, gerkins, vinegar, shallots, EGG, potatoes	Remove lid and heat for 20 mins		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Cassoulet de Carcassonne	Pork, beans, duck, tomatoes, carrots, CELERY, garlic, bay, salt, pepper	Remove lid and heat for 18 minutes	3 minutes twice on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Confit de canard et chou rouge	Duck, garlic, cabbage, cider, apples, onions, cinnamon	Remove lid and heat for 25 minutes	3 minute twice on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Coq au vin	Chicken, red wine, CELERY, carrot, pork, mushroom, onion, thyme, bay, WHEAT FLOUR GLUTEN free flour, tomato, salt, pepper	Remove lid, heat for 18 minutes stir occasionally	3 minutes on full power twice	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Crêpes aux fruits de mer	Crustacean, MOLLUSCS, MILK, FISH, tomato, curry, shallots, white wine, WHEAT FLOUR GLUTEN, EGGS, dill, CELERY, SESAME	Remove lid, heat for 20 minutes	Heat on full power for 2 minutes. twice	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Croquette d'aiglefin et épinard, sauce nantua	FISH, MILK, EGG, Wheat flour GLUTEN, spinach, dill, CRUSTACEAN,	Remove lid and heat at 180C for 18 mins or in the Air frier for 16 mins at 180c		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Gratin d'aubergine et parmesan	Aubergines, tomato, onions, garlic, olive oil, parmesan cheese, MILK, oregano, salt, pepper	Remove the lid heat for 25 mins	2 minutes on full power twice	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Moules marinière	Mollusc, butter, shallots, wine, bay leaf, thyme, flour, yeast	Put the mussels into a large pot. Add the cooking sauce, put a lid on the pot and cook on the hob on a high heat until all mussels are open, shake the pot regularly, should take about 12/15 mins.	N/A	Keep refrigerated after delivery and consume within 24 hours. Not suitable for freezing
	Navarin d'agneau au basilic	Lamb, tomatoes, onions, CELERY, basil, carrots, courgettes, potatoes, wine, herbs	Remove lid and heat for 22 minutes	2 minute on full power twice	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Basmati rice	Rice, onions, garlic, CELERY, bay leaves, salt, pepper. oil	Remove lid, add 40ml of water, cover with loose foil and heat for 18 minutes. Alternatively empty into a microwaveable container, cover with a loose lid and heat on full power for 2mins (800W)	2 minutes on full power twice	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions

S
I
D
E
S

Gratin Dauphinois	Potato, MILK , garlic, nutmeg	Remove lid and heat for 15 minutes	2 minutes on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
Haricot vert	Green bean, MILK , parsley,	Remove lid and heat for 15 minutes	2 minute twice on full power	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
Petit pois	Peas, MILK ,	Remove lid and heat for 15 minutes	2 minutes at 75% twice	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
Pommes crique	Potatoes, onions, EGG , MILK , olive oil, salt, pepper	Remove the lid heat for 15 mins	Heat on full power for 2 minutes	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
Pommes nouvelle	Potatoes, salt	Remove lid and heat for 15 mins	2 minute twice on full power	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
Pommes nouvelle	Potatoes, salt	Remove lid, heat for 15 mins		Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
Pommes puree	Potatoes, MILK , garlic, nutmeg	Remove lid, cover with foil, heat for 25 minutes. once hot beat with a wooden spoon for best results. Alternatively transfer to a microwaveable container and heat on full power until piping hot. Beat until smooth.	3 minutes twice	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
Printanière de légumes vert	Beans, peas, broad beans, sugar snaps, asparagus	Remove the lid heat for 14 mins		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
Roasted pommes frites	Potatoes, vegetable oil	Remove lid heat at 200C for 45 mins	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
<p>ALLERGENS ARE SHOWN IN BOLD. PLEASE NOTE THAT OUR DISHES ARE PREPARED IN A COMMERCIAL KITCHEN WHERE NUTS ARE USED. WE CANNOT GUARANTEE THAT ANY DISHES ARE NUT FREE. INSTRUCTIONS ARE GIVEN FOR A FAN OVEN, PLEASE ADD AN EXTRA 8-10 MINUTES COOKING TIME FOR A CONVENTIONAL OVEN</p>				