

FRUIT

Apricots	These make a great puree served as a coulis with ice cream or double cream. Great for young children.
Blackberries	A wonderful addition to apples in a pie or crumble & great for jams.
Blackberry & Apples	Serve warm with cream or ice cream. Ideal for crumbles & pies.
Blackcurrants	Both these make a great coulis/fruit sauce. Delicious in pancakes! Great in smoothies
Blueberries	Delicious in pancakes! Great in smoothies
Bramley Apple Slices	Great for apple crumble/apple pie or gently stewed with cinnamon & a little sugar.
Cherry Berry Delicious	Dark Sweet Cherries, Sweet Red Grapes, Blueberries and Boysenberries – warm through gently, add a splash of liqueur & serve with cream – indulgent!
Cranberries	A must for making cranberry jelly & serving with Turkey.
Dark Sweet Cherries	These are delicious eaten one at a time straight from the freezer – a healthy gobstopper! Great in a sundae.
Fruit Salads:	All can be thawed & served on their own, with ice cream, cream, meringues Great in kid's lunch boxes, thawed by lunchtime & are a healthy fresh, preservative free snack that Mum has not had to prepare.
Antiguan Fruit Salad	Mandarin Segments, Pineapple & Red Grapes, thaw & serve.
Californian Fruit Salad	Melon Balls, Red Grapes, Strawberries & Peach Slices.
Festival Fruit Salad	Strawberries, Peach Slices, Blackberries, Pineapple, Mandarin Segments & Red Grapes.
Tasmanian Fruit Salad	Sliced Strawberries, Peach Slices, Mandarin Segments & Kiwi Slices.
Tropical Fruit Salad	Melon Balls, Pineapple, Mango, Kiwi Slices & Red Grapes.
Gooseberries	Ideal for gooseberry fool, pie or crumble.
Mango Chunks	Delicious simply thawed, great for smoothies. Another winner with children.
Melon Balls	Simply thaw and serve – a little pama ham too makes a great starter!
Raspberries	Just with cream or in brandy snap baskets & more... All of these sweet red berries have no end of uses. Ideal for making coulis, cheesecakes, or just serve with ice cream.
Raspberry & Blueberry	
Raspberry & Redcurrant	
Redcurrants	
Rhubarb	A classic in crumble or as rhubarb fool.
Spring Pie Mix	Sliced Bramley Apples, Rhubarb & Gooseberries. Delicious gently warmed through or in a pie / crumble.
Strawberries	Great for smoothies, jams, coulis, cheesecakes and more.
Strawberry, Kiwi & Pineapple	Just as the name says! Thaw and serve.
Summer Fruit	Strawberries, Blackberries, Raspberries, Redcurrants and Blackcurrants – ideal for summer pudding.
Winter Pie	Diced Apple, Blackberries, Blueberries & Boysenberries - Delicious gently warmed through or in a pie / crumble.
Woodland Fruit	Sliced Strawberries, Raspberries, Blueberries and Boysenberries. Simply thaw & serve or use in a summer pudding.

CHICKEN

Garlic Chicken Kiev	Oven cook in pre-heated oven (200°C) for 20-30mins or shallow fry - 12mins until piping hot.
Breaded Chicken Goujons	Oven cook in a pre-heated oven middle shelf (200°C) for 15mins until piping hot.
Chicken Cordon Bleu	Oven cook in a pre-heated oven (200°C) for 20-30mins or shallow fry for 12mins until piping hot.

****All cooking appliances vary, these are guidelines only****
Check product is piping hot throughout before serving.

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