

VEGETABLES

Battered Onion Rings	Cook from frozen. Oven: Cook for 20mins in a pre-heated oven 230°C. Turn once during cooking. Grill: Under a medium to hot heat for 5 mins until golden & hot throughout, turn once during cooking. Shallow Fry: 3-4mins in hot oil, turn once during cooking. Deep Fry: 2mins until golden brown.
Breaded Garlic Mushrooms	Heat in an oven at 225°C for 12mins or fry for 4 mins 180°C.
Caribbean/ Chinese Stir Fry	Stir fry in a little olive oil for 5mins from frozen.
Chestnuts	So many ways to cook - refer to cookery books or the internet.
Colcannon	Microwave (650W 3mins) (750W 2.4mins) (850W 2.2mins). Steam cook for 10mins, stir gently & cook for a further 10mins. Oven bake 240°C in a covered pot for 55mins. For a crunchy topping heat uncovered in a hot oven for 25mins.
Country Soup Mix	Simmer for 20mins in stock, add seasoning.
Grilled Vegetables	Spread frozen vegetables on a shallow baking tray, add salt & drips of olive oil. Bake on top shelf of hot oven for 8-12mins.
Hash Browns	Shallow fry for 5 - 8 mins.
Leek Roundels	Use in soups or casseroles or saute them in butter for 5 minutes, or steam (5-6 minutes).
Roast Potatoes	Cook from frozen in a pre-heated oven (180°C) for 30mins or around joint for the last 30mins of cooking.
Roasted Sliced Potatoes in Garlic & Thyme	Place on a baking tray in a moderate oven for 20 mins turning once.
Sauté Potatoes	Oven cook from frozen for 15-20 mins at 230°C turning occasionally.
Spanish Rice	Microwave or steam for 2-3 mins. Do not overcook. Serve hot with a knob of butter.
Spinach Leaf	Place frozen spinach in a covered saucepan with a knob of butter. Season with salt & pepper, heat gently, stirring until tender.
Steakhouse Fries	Shallow Fry: 12-15mins, Deep Fry: 4-6mins Bake: 20mins at 200°C
Stewpack	Boil: place required amount into a saucepan of boiling water. Return to the boil & simmer for 10 min drain and serve.
Traditional Roasting Vegetables	Spread the frozen vegetables in a roasting tray or round a joint, add salt & coat with olive oil & roast for about 1/2 an hour.
Tuscan Roasting Vegetables	Spread the frozen vegetables in a shallow roasting tray, add crushed garlic, salt & drips of olive oil. Roast on top shelf of a very hot oven for 8-12 mins.
Veggie Burgers	Shallow fry at a moderate temperature for approx 10mins each side in a little oil or grill.
Broad Beans, Sliced Beans, Fine Whole Beans, Farmhouse Vegetables, Peas AA, Petit Pois, Sweetcorn (Whole Kernel), Half Corn on the Cob Cook from frozen. Place in a little boiling salted water & simmer until tender. Drain & season.	
Baby Whole Onions, Diced Onion, Pepper Strips, Yellow Rice Use as desired.	

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

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