



The Real Meal Heating & Serving Instructions

All meals: Serves two people

Provincial Cassoulet with duck, pork, Gascgoine sausage and white beans

A wonderfully warming dish from the French classics, hearty and great to share (Confit duck leg, Salt kitchen's Gascgoine sausage, roasted pork belly, White beans, Mt Zero lentils, onions and Breadcrumbs)

Dietary notes

Gluten free if breadcrumb topping not used

To Heat Cassoulet

Oven: Remove from the bag and place in ovenproof dish, top with breadcrumb mixture. Bake in an oven at 180 degrees Celsius until warmed through and topping crisp (roughly 15-20 mins).

Confit duck leg with Mt Zero lentils, silky pureed potatoes and broccolini

Dietary notes

Gluten free

To Heat Lentils, Potatoes & Broccolini

Stove: Immerse all three bags in boiling water and simmer for around 8 minutes or until heated through, stir and serve.

Microwave: Pierce all three bags and place in microwave on high heat for 2-3 minutes. Stir and serve.

To Heat duck leg

Oven: Preheat oven to 180 degrees and place duck legs onto baking tray and heat for approximately 10-15 minutes until the duck is crisp (if the duck is not crispy, try turning the grill on for the last few minutes).

Serving Suggestion: Cut the corner off the silky potatoes bag and using the same style as a piping bag, pipe it onto your dish, following the same process do this with the lentils, then place the broccolini on the side and place the duck atop the silky potatoes and lentils.



Spanish chicken cooked with chorizo, red onions, potatoes, orange zest & oregano with a green salad

Dietary notes

Gluten free

To Heat

Stove: Immerse bag in boiling water and simmer for around 8 minutes or until heated through, stir and serve.

Microwave: Pierce bag and place in microwave on high heat for 2-3 minutes. Stir and serve.

Serving Suggestion: with green salad on the side after heating the Spanish chicken

Hot-smoked salmon with salad Niçoise & preserved lemon aioli

Our in house hot-smoked salmon with salad Niçoise (Beans, tomatoes, potatoes, eggs, basil) served with preserved lemon aioli can be eaten at room temperature or heated.

Dietary notes

Gluten free

If you choose to Heat your salmon

Stove: Immerse salmon in low simmering water (not boiling water) for around 8 minutes or until heated through and serve.

Microwave: Pierce salmon bag and place in microwave on high heat for 2-3 minutes. Stir and serve.

Serving suggestion: Place nicoise salad onto dish and place salmon atop the salad finishing with the lemon aioli drizzled over the top.



Sher Wagyu Beef & Burgundy with silky mashed potato & green beans

Beef & Burgundy: Beef cooked in the Gallic tradition with roasted shallots, red wine, Istra bacon and vegetables.

Dietary notes

Gluten free

To Heat

Stove: Immerse all bags in boiling water and simmer for around 8 minutes (only 3 minutes for beans) or until heated through, stir and serve.

Microwave: Pierce bag and place in microwave on high heat for 2-3 minutes (only 30 seconds for beans). Stir and serve.

Serving suggestion: Place silky mashed potatoes onto the plate, followed by the beef & burgundy and finish off with the green beans on the side.

Gnocchi with Napoli sauce, Rocket & Parmesan salad

Dietary notes

Not gluten free

Vegetarian- Napoli Sauce: A traditional Italian style tomato sauce with garlic, onions, a dash of balsamic vinegar & basil

To Heat

Stove: Immerse bag of gnocchi in boiling water and simmer for around 8 minutes or until heated through, stir and serve.

Microwave: Pierce bag of gnocchi and place in microwave on high heat for 2-3 minutes. Stir and serve.

Serving suggestion: once heated through, serve gnocchi into bowl and place dressed salad on the side or in a separate bowl.



Sicilian Sher Wagyu Beef stew, grilled cheesy polenta, Rocket & Parmesan salad

Sicilian Beef sauce: Slow braised beef with olives, lstra pancetta, tomatoes, root vegetables & basil.

Dietary notes

Gluten free

To Heat beef stew and polenta

Stove: Immerse bag in boiling water and simmer for around 8 minutes or until heated through, stir and serve. Remove polenta from bag, place on oven tray and bake in hot oven (220c for 10 minutes)

Microwave: Pierce bag and place in microwave on high heat for 2-3 minutes. Stir and serve.

Serving suggestion: serve up the cheesy polenta with the beef stew to the side and place the rocket and parmesan salad on the side and enjoy.

Confit Waubra lamb shoulder served with roasted Spring Creek Organic beetroots, Mt Zero farro, Meredith Goat's cheese and salsa verde

Dietary notes

Gluten free

To Heat beetroot and farro

Stove: Immerse bag in boiling water and simmer for around 8 minutes or until heated through, stir and serve.

Microwave: Pierce bag and place in microwave on high heat for 2-3 minutes. Stir and serve.

To Heat Lamb Shoulder

Oven: Preheat oven to 220 degrees and place lamb shoulder onto baking tray and heat for approximately 10 minutes until the lamb is heated through.

Serving Suggestion: Serve up the farro and beetroots, followed with the confit lamb and drizzle the goats cheese and salsa verde atop and enjoy!



Moroccan Vegetable Tagine with seasoned cous cous

Dietary notes:

Vegetarian

Moroccan Vegetable Tagine (Gluten free): A spicy tagine of root vegetables, pumpkin, peppers, eggplant, prunes & Mt Zero Olives
Cous cous **is not** Gluten free.

To Heat

Stove: Immerse both bags in boiling water and simmer for around 8 minutes or until heated through, stir and serve.

Microwave: Pierce bags and place in microwave on high heat for 2-3 minutes. Stir and serve.

Serving suggestion: serve the cous cous onto your plates, followed by the tagine and enjoy!

Navarin of Ballark lamb, celeriac mash, French peas

Dietary notes

Gluten free

To Heat lamb, mash and peas

Stove: Immerse bags of lamb and mash in boiling water and simmer for around 10 minutes or until heated through. Place the French peas bag in water 2 minutes prior to serving. Stir and serve as per below.

Microwave: Pierce bag and place in microwave on high heat for 2-3 minutes. Stir and serve.

Serving Suggestion: Place the Navarin in a dish and the peas and celeriac mash in separate dishes on the side, alternatively serve together on one plate.

Aceh goat curry (Indonesian) served with 'dirty rice' bean sambal and roti bread

Dietary notes

Gluten free without the roti bread

To Heat curry, rice and sambal

Stove: Immerse the bags into a simmering pot of water, heat for at least 10 mins. Carefully remove the bags from the pot and serve.

Roti bread - Heat roti bread in microwave for 30 sec-1 min or until heated.

Microwave: Pierce bags and place in microwave on high heat for 2-3 minutes. Stir and serve.

Serving Suggestion: Place the dirty rice on to the plate followed with the bean sambal and finish with the delicious Aceh curry on top and roti bread on the side.



Our famous beef Rendang, sambal spinach, coconut rice and roti bread

Dietary notes

Gluten free without the roti bread

To Heat curry, rice and sambal

Stove: Immerse the bags into a simmering pot of water, heat for at least 10 mins. Carefully remove the bags from the pot and serve.

Roti bread - Heat roti bread in microwave for 30 sec-1 min or until heated.

Microwave: Pierce bags and place in microwave on high heat for 2-3 minutes. Stir and serve.

Serving Suggestion: Place the coconut rice on to the plate followed with the spinach sambal and finish with the delicious Rendang curry on top and roti bread on the side.

Pulled smoked ham hock, creamy cabbage & caraway seed, sweet potato mash and green beans

This meal consists of Salt Kitchen smoked ham hocks, cabbage cooked in white wine and cream with caraway seeds and a silky sweet potato mash served with green beans

Dietary notes

Gluten free

To Heat ham hock, creamy cabbage, mash and beans

Stove: Immerse the ham hock, cabbage and mash bags into a simmering pot of water, heat for at least 10 mins and add the beans 3-4 minutes prior to serving. Carefully remove the bags from the pot and serve.

Microwave: Pierce bags and place in microwave on high heat for 2-3 minutes. Stir and serve.

Serving Suggestion: Serve up the creamy cabbage, followed by the sweet potato mash and ham hock and finish with the beans on top/side, enjoy.



Cotechino sausage with braised puy style lentils, salsa verde, pickled & compressed apples

Dietary notes

Gluten free

To Heat and Serve

Stove: Immerse the bag of lentils in simmering water for around 8 minutes and the cotechino bag for only 3-5 minutes, garnish the dish with the compressed apples and salsa verde.

Microwave: Pierce bags and place in microwave on high heat for 2-3 minutes, less time for the cotechino.

Bollito Misto with pistou

The gently poached meats and vegetables finished with a glorious meat stock will fill your belly and soothe the soul, an Italian icon!

Dietary notes

Gluten free

Dairy Free

To Heat

Stove: Simply drop the bags into a simmering pot of water, heat for at least 10 mins. Carefully remove the bags from the pot.

Microwave: Pierce bags and place in microwave on high heat for 2-3 minutes.

Serving suggestion: Place the meats and the vegetable in large bowls then pour the broth over the meats and vegetables, garnish with the pistou. Serve with crusty bread.

Smoked rainbow trout, pea and dill tart, dill fraiche dressing and pickled radish & herb salad

Dietary notes

Not Gluten Free

To Heat and Serve

Oven: Bake smoked rainbow trout tart in oven on 180 degrees C for approximately 8-10 or until heated. Alternatively, this tart can be served at room temperature on top of the pickled radish and herb salad.



Caramelised onion & Meredith's goats cheese tart with rocket salad

Dietary notes

Not Gluten Free

To Heat

Oven: Bake caramelised onion & goat's cheese tart in oven on 180 degrees C for approximately 8-10 or until heated. Alternatively, this tart can be served at room temperature.

Serving suggestion: Toss balsamic dressing through the rocket and olive salad and place on plate, followed by the tart on top, either hot or room temperature.