



**CODE**  
**CHILLED 101**  
**FROZEN 139**

# Beef Carvery Roast

**ribs &  
roast**

**S O U S   V I D E   T O   P E R F E C T I O N**

Pieces Per Bag: **1**

Bags per Carton: **2-3**

Avg Bag Weight: **5-6kg**

Avg Carton Weight: **11-13kg**

Sold By: **Weight**

Energy: **707kj**

Protein: **21.0g**

Carbohydrates: **0g**

Total Fat: **9.5g**

## *Cooking Tip!*

Season and roast the whole piece at 200 degrees Celsius for approximately 20 minutes per kilo.\*

\* Cooking times will vary based on your kitchen equipment.