## **CODE** Chilled 404 Frozen 405

ribs

## SOUS VIDE TO PERFECTION

Pieces Per Bag: 3-4 Bags per Carton: 4-5 Avg Bag Weight: 1-2g Avg Carton Weight: 11-13kg Sold By: Weight Energy kJ: 626kj Protein: 31.9g Carbohydrates: 0g Total Fat: 2.3g

Chicken Breagt

Cooking Tip!

Season, slice cold, heat desired sauce in a fry pan, add chicken to the sauce and heat for 2 to 3 minutes.\*

\* Cooking times will vary based on your kitchen equipment, images for illustration purposes only.