

SOUS VIDE TO PERFECTION

Piece Per Bag: 1

Bags per Carton:

Avg Bag Weight: 2-2.5kg

Avg Carton Weight: 11kg

Sold By: Weight

Energy kJ: 1,770ki

Protein: 11.4g

Carbohydrates: 3.5g

Total Fat: 41.1g

Cooking Tip!

Slice and lightly pan fry on medium - hot heat for 3-4

minutes, easy! Serve with rice and

a sprinkle of spring onion*