



CODE
CHILLED 303
FROZEN 308

Lamb Shank

**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: **2**
Bags per Carton: **15**
Avg Bag Weight: **600-800g**
Avg Carton Weight: **11-13kg**
Sold By: **Weight**
Energy kJ: **700kj**
Protein: **19.7g**
Carbohydrates: **0g**
Total Fat: **9.9g**

Cooking Tip!

Season and roast the whole piece
at 200 degrees Celsius or
approximately 10 minutes per kilo.

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