

**CODE**  
**CHILLED 314**  
**FROZEN 321**

# Lamb Shoulder

**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: **8**  
Avg Bag Weight: **1.2-2g**  
Avg Carton Weight: **11-13kg**  
Sold By: **Weight**  
Energy kJ: **587kJ**  
Protein: **20.5g**  
Carbohydrates: **0g**  
Total Fat: **6.5g**

## Cooking Tip!

Season and roast the whole piece at 200 degrees Celsius for 20 to 30 mins approximately.\*

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