

# Gourmet

## WAGYU BEEF MEATBALLS



- LIGHTLY SEASONED, PAR-COOKED MEATBALLS FILLED WITH THE BEAUTIFUL FLAVOURS OF RICH WAGYU BEEF
- CONVENIENT: SIMPLY HEAT AND SERVE
- IDEAL FOR THE HOSPITALITY, CATERING AND TAKEAWAY MARKETS
- GREAT FOR FINGER FOOD, PASTA, ROLLS & WRAPS

### COOKING INSTRUCTIONS

<b>HOT PLATE</b> (GAS or Electric) Medium setting	Place in a covered pan and cook for 20 mins, stirring regularly. Place in a covered pan and cook for 10 mins, stirring regularly. Product can be cooked from frozen or thawed in refrigeration for 24 hours prior to use.
<b>OVEN</b> (200°C) Preheated	Place in a covered ovenproof container and cook for 20 mins. Place in a covered ovenproof container and cook for 4 mins, stirring after 2 mins.
<b>MICROWAVE</b> (1200W) 100% power	Cook in a covered microwaveable dish for 10 minutes, stirring after 5 & 8 mins. Place in a covered microwaveable container and cook for 4 mins, stirring after 2 mins.

### WAGYU BEEF MEATBALLS

#### Nutritional Information

Avg Serving Size: 100g	Avg Serves Per Pack: 5kg (250) 1kg (50)	
Nutrient	Avg Qty Per Serving	Avg Qty Per 100g Serve
Energy	1480kJ	1480kJ
Protein	17.1g	17.1g
Fat		
- Total	27.4g	27.4g
- Saturated	12.5g	12.5g
Carbohydrate		
- Total	9.9g	9.9g
- Sugars	2.0g	2.0g
Sodium	491mg	491mg

PRODUCT CODE	PRODUCT DESCRIPTION	CTN WGT	APPROX UNIT PER CTN
BFMBWC	WAGYU MEATBALLS 1kg	6kg	6

Packed & Processed by  
**Specialty Foods**

8A West Thebarton Road, Thebarton SA 5031  
ph. (08) 8443 5444 fax. (08) 8352 1800  
www.specialtyfoods.com.au