

*Bella*<sub>xo</sub>

**ESSENTIALS  
EXPRESS**

# INSTRUCTIONS

## **MASHED POTATO**

Empty contents into saucepan, heat for 5-6mins,  
add butter & milk to taste.

## **SOUPS / SAUCES / CURRY**

*This is already cooked, just reheat*

Empty contents of bag into a pot / saucepan and  
reheat.

## **PASTA BAKE / LASAGNE / CANNELONI**

*This is already cooked, just reheat*

Take Lid off and put in oven for 20 minutes (approx.)  
at 160 degrees.

## **PIZZA BASES**

Top with you favourite pizza toppings, then place  
in pre heated oven at 180 degrees for 10 minutes or  
until cooked through

## **LAMB SHOULDER / LAMB SHANKS**

*This is already cooked, just reheat*

**Step 1** Preheat oven on fan force setting at 180  
degrees celsius

**Step 2** Whilst oven is pre-heating, poke a few holes  
in the bag

**Step 3** Place lamb shoulder on a microwave safe plate  
and cook on high for 9 minutes. (*leaving the lamb  
shoulder in the bag*)

**Step 4** Carefully remove lamb shoulder from bag and  
place on a baking tray lined with greaseproof paper

**Step 5** Place lamb shoulder in pre-heated oven and  
cook for 10-15 minutes or until golden brown

## **FISH COCKTAILS / BEER BATTERED FISH**

**Deep fry:** Cook from frozen. Preheat oil to 180  
degrees. Deep fry frozen fish for approx. 4-5 minutes  
or until golden brown

**OR Oven:** Line oven tray with baking paper and place  
frozen fish in oven for 20 - 25 min at 170 degrees

### **PORCHETTA**

*This is already cooked, just reheat*

**Step 1** Preheat oven on fan force at 220 degrees celcius.

**Step 2** Whilst oven is pre-heating, poke a few holes in the bag containing the porchetta using a fork or skewer.

**Step 3** Place porchetta on a microwave safe plate and cook on high for 9 minutes (leaving the porchetta in the bag).

**Step 4** Carefully remove porchetta from bag and place on a baking tray lined with greaseproof paper, drizzle a little olive oil (approx 30ml) over the porchetta skin to help with crackling.

**Step 5** Place porchetta in pre-heated oven and cook for 10-15 minutes or skin has puffed and golden crackling is achieved

### **VEGETABLES**

*This is already cooked, just reheat*

Place holes in bag and microwave 4-5 minutes, OR for the roasted effect empty contents onto tray with Porchetta\* or Lamb Shoulder\* for 10 minutes.

### **GRAVY**

Take off lid and place in microwave for approx. 2 minutes

### **CHICKEN SCHNITZEL**

Place one cup of oil into a shallow frying pan and turn on medium heat. Allow oil to heat up for 1 - 2 minutes.

Add the schnitzels and cook for 3 minutes on each side, or until nice and golden.

### **BEEF & PORK SHORT RIBS**

*This is already cooked, just reheat*

Boil some water in a pot and put bag in , simmer for approx. 15 minutes

### **SAN CHOW BOW**

**Step 1** Empty mince out of bag and heat in microwave for approx. 5 mins (or pan fry).

**Step 2** Wash and cut Baby Cos lettuce into cups. Assemble with lettuce cup, mince, rice noodles, peanuts and top with sauce

## **FROZEN PIZZA / CALZONE**

Method of storage

*Do NOT freeze once thawed*

Remove the pizza from the packaging and let it defrost for approx. 10 minutes

In the meantime, pre-heat the oven to 220-250° C , place the pizza in the oven for 18-20 minutes until the mozzarella has melted. Serve

## **DIY TACO KIT**

*Meat is already cooked, just reheat*

Boil water in a pot, place bag of meat into the water simmer for approx 15 minutes. Build your taco with tortillas, salad, guacamoli and sour cream

## **SMASHED BURGER PACK**

**Step 1** Take beef patties out of packaging, line pan with oil. Cook patties for 4 mins each side

**Step 2** Once patties are cooked, add American cheese ontop to melt

**Step 3** Toast buns and build burger with pickles and sauce

**Step 4** SUPER CRUNCH CHIPS // Pre-heat oven to 180 degrees, line oven with baking paper, place fries out of bag onto the tray, bake in oven for 20mins on 180 degrees

## **PARMA PACK**

Pre-heat oven to 180\*

**Step 1** BACON // Cook bacon until crispy in fry pan

**Step 2** CHICKEN PARMIGIANA // Place one cup of oil into a shallow frying pan and turn on medium heat.

Allow oil to heat up for 1 - 2 minutes. Add the schnitzels and cook for 3 minutes on each side, or until nice and golden

**Step 3** SUPER CRUNCH FRIES // Line oven tray with baking paper, place fries onto a tray (out of bag), bake in oven for 20 minutes on 180\*

**Step 4** SLAW // Place slaw into a bowl, add dressing and mix through

**Step 5** In oven tray, lay schnitzels flat, cover in Napoletana sauce, layer with bacon and cheese, cook in oven until melted. Once cooked drizzle with BBQ sauces and serve with fries and slaw.

### ***DOUGHNUTS***

For ultimate indulgence, warm doughnuts in the microwave for 5 - 10 seconds, or leave at room temperature

### ***PULLED BEEF NACHO KIT***

**PULLED BEEF** - Bring pot of water to boil & place bag into the water, simmer for approx 15 minutes.  
**BUILD YOUR NACHOS** - Place corn chips onto tray & top with beef, pour liquid cheese over and place into oven until cheese is warm.  
**FINISHING TOUCH** - Top with salsa, guacamole & sour cream

### ***EGGPLANT PARMIGANA***

Preheat oven to 180 degrees. Take lid off and cook for 25min

### ***LOADED CHEESE FRIES DIY KIT***

Cook chips at 180 degrees for 20 minutes in oven  
Take out of oven and add bacon and cheese  
Put back in oven until melted and golden brown  
Reheat Bolognese sauce in saucepan or microwave  
Transfer chips to plate and drown in bolognese sauce

### ***ARANCINI BALLS***

Pre heat oven at 180 degrees  
**THAWED** - Cook in oven for 6 minutes  
**FROZEN** - Cook in oven for 15 minutes

### ***SCONES***

Defrost scones, proof for 30 minutes until double in size. Brush top of scones with milk. preheat Oven to 160 degrees and bake for 15-20 minutes or until golden brown.

### ***PORTUGUESE MARINATED CHICKEN***

Ready cooked. Bring pot of water to boil, place bag of chicken in water for 15 minutes. Finish off in the oven until caramelised.

### ***RISOTTO DIY KIT***

Pour stock into a wide / heavy based pan or pot. Bring stock to the boil before adding rice and stirring frequently for 18-20min. Once stock has completely absorbed allow rice to rest for a minute or 2 before adding parmesan and butter and stirring in rapidly. Add pesto.

### ***GNOCCHI***

Bring a pot of water to boil, place the gnocci into the boiling water, when gnocci floats to top, strain. Serve with heated pre made sauce

### ***DECONSTRUCTED PUMPKIN RAVIOLI KIT***

**Step 1** Remove plastic from pasta sheets

**Step 2** Bring pot of water to boil

**Step 3** Place the bag of pumpkin puree in water and heat until hot

**Step 4** Take bag out of water / pot and set aside

**Step 5** Add pasta sheets to pot of water and cook for 8 mins (approx.)

**Step 6** Drain pasta

**Step 7** Heat burnt butter in microwave for 30 secs until melted

**Step 8** Arrange pasta sheets in bowl

**Step 9** Snip corner of pumpkin puree bag and pipe puree on each pasta sheet

**Step 10** Spoon 3 tbl spoon of burnt butter on each pasta sheet

**Step 11** Garnish with sage. Parmesan and walnut crumb

### ***BOLOGNESE PASTA KIT***

**Step 1** Bring pot of water to boil

**Step 2** Place the bag of Bolognese in water and heat until hot (approx. 10 min)

**Step 3** Heat oven to 160 degrees for garlic bread and cook for 8-10 min

**Step 4** Take bag out of water / pot and set aside

**Step 5** Add pasta to pot of water and cook for 8 mins (approx.)

**Step 6** Drain pasta

**Step 7** Add pasta and Bolognese to bowl

**Step 8** Garnish with parmesan cheese

### **DIY PIZZA KIT**

*Ensure kit is kept refrigerated until use*

**Step 1** Pre heat oven to 180 degrees

**Step 2** Take dough balls out of containers and kneed out into desired pizza size

*(we suggest approx. 20cm in diameter)*

**Step 3** Add Napoletana sauce and toppings

**Step 4** Cook in oven for approx. 20 mins or until golden brown

### **WAFFLES**

Preheat oven to 150 degrees. Place waffles on baking tray and into the oven for 10 minutes or until golden brown. Serve waffles with desired toppings and enjoy!



### **STICKY BBQ WINGS**

*this is already cooked, just reheat*

Empty contents onto lined oven tray. 180 degrees for 10 - 15 minutes

### **BEEF BRISKET / PULLED PORK**

*This is already cooked, just reheat*

Bring pot of water to boil and place bag into the water, simmer for approx 15 minutes

### **BEEF & CHORIZO SAUSAGE ROLLS**

*This is already cooked, just reheat*

Reheat in the oven at 180 degrees for approx 15 minutes. Best served with a side of Fire & Brimstone Smokey BBQ Sauce

### **GOURMET FAMILY PIES**

*This is already cooked, just reheat*

Reheat in the oven at 160 degrees for approx 40-45 minutes. Best served with a side of Fire & Brimstone Smokey BBQ Sauce