



Frozen food cooking suggestions - vegetables

Sauté Potatoes

Cook from frozen, preheat oven to 230 / 210(fan). Layout on a baking tray and bake for 15-20 minutes turning occasionally.

Tuscan Vegetables

Spread on a tray, season with salt, add crushed garlic if desired and drips of olive oil. Roast in a hot oven for 8-12 minutes

Grilled Vegetables

Spread on a tray, season with salt, add crushed garlic if desired and drips of olive oil. Roast in a hot oven for 8-12 minutes

Broad Beans

Simmer in water until tender

Petit Pois

Simmer in lightly salted water with a sprig of mint until tender

Spinach

Place blocks in a covered saucepan with a knob of butter, heat gently stirring from time to time.

For further advice, please contact Priory Farm Shop on 01737 822603 www.PrioryFarm.co.uk