



Good Country
AUSTRALIA

Effortless Fine Dining



Lamb Shank

IN RED WINE & ROSEMARY SAUCE

FULLY COOKED FREE RANGE
ALL NATURAL AUSTRALIAN LAMB

Net Weight 460g



Effortless Fine Dining

Good Country Pty. Ltd, long renowned for high quality Australian lamb, is now an established innovator in value added meat products.

Using the highest quality raw materials and an award winning thermal process, we have developed a fully cooked, shelf stable, restaurant dining solution.

Re-Heating instructions



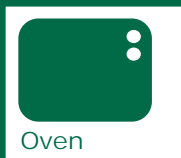
Microwave

Pierce pouch and place directly in microwave. Usual range for re-heating is 5-12 mins depending on microwave power.



Stove Top

Reheat by placing pouch in a saucepan of boiling water for 20 minutes.



Oven

Empty contents of pouch into an oven dish. Place in a preheated oven at 180°C for 20 minutes.

Nutrition Information		
Serving per pouch: 1		
Serving size: 460g		
	Quantity per Serving	Quantity per 100g
Energy	2944kJ	640kJ
Protein	67.2 g	14.6g
Fat		
- total	67.2 g	14.6g
- saturated	17g	3.7 g
Carbohydrates		
- total	19g	4.2g
- sugar	1.8g	0.4g
Sodium	1119mg	260mg

**All values represent average values



Ingredients

Lamb (74 % uncooked), Water, Thickener (E1422), Maltodextrin, Red Wine Extract, Wheat Flour, Vegetable Powders, Salt, Food Acids (E262, 330), Yeast Extracts, Herbs, Vegetable Gums (E415, E412), Colour (E150d), Sugar, Spices, Flavour, Emulsifier (E322).

No added MSG. No Preservatives.

Store in a cool dry place under 25°C.

Product may be refrigerated or stored frozen.

Product of Australia.





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WITH A HINT OF MINT

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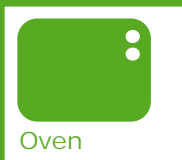
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- total	67.2 g	14.6g
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Carbohydrates		
- total	19g	4.2g
- sugar	1.8g	0.4g
Sodium	1242mg	270mg

**All values represent average values

Ingredients

Lamb (74% uncooked), Water, Thickener (E1422), Dried Glucose Syrup, Vegetable Powders, Wheat Flour, Salt, Hydrolysed Vegetable Proteins, Herb, Food Acid (E262), Vegetable Gums (E415, E412), Sugar, Flavours, Colour (E150d), Spices, Emulsifier (E322), Yeast Extract, Flavour Enhancer (E635).

No added MSG. No Preservatives.

Store in a cool dry place under 25°C. Product may be refrigerated or stored frozen.

Product of Australia.



Produced for Good Country Pty. Ltd.
170 Dorcas St, South Melbourne Victoria 3205

