

HASH BROWNS

750g

Ingredients

Potato (87%), Sunflower Oil, Onion (3%), Dried Potato, Salt, White Pepper, Dextrose.

Nutrition

	Per 100g	3 hash browns (142g**)	%RI*	Reference Intake*
Energy values	737kJ/176kcal	1042kJ/249kcal	12%	8400kJ/2000kcal
Fat	7.9g	11.2g	16%	70g
(of which saturates)	0.8g	1.1g	6%	20g
Carbohydrate	22.4g	31.7g		
(of which sugars)	0.3g	0.4g	<1%	90g
Fibre	2.2g	3.1g		
Protein	2.7g	3.8g		
Salt	0.4g	0.6g	10%	6g

Pack contains 5 servings. *Reference intake of an average adult (8400kJ/2000kcal).

**When oven cooked according to instructions 750g typically weighs 710g

Product Description

Brand: One Stop

Regulated Product Name: Shredded potato with diced onion, lightly seasoned and pre-fried in sunflower oil.

Name and Address

One Stop Stores Ltd.
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Storage and Usage

Cooking Instructions: For best results oven cook from frozen. Remove all packaging.

Oven: From frozen: 220°C/Fan 200°C/Gas 7 18-20 mins. Pre-heat oven to correct temperature. Place hash browns in a single layer, on a baking tray and cook in the centre of a pre-heated oven for 18-20 minutes. Turn halfway through cooking time. Cook to a golden yellow colour and do not overcook. Do not exceed stated cooking temperature or time. When preparing smaller portions, reduce cooking time to avoid excess browning.

Deep Fry: From frozen: 4-5 mins.

Deep fry from frozen. Pre-heat fryer to correct temperature. Do not overfill frying basket - fill halfway to avoid excess oil uptake from extended frying times. Add hash browns to basket and fry in hot oil (175°C) for 4-5 minutes. Cook to a golden colour and do not overcook. Do not exceed stated frying temperature or time. When preparing smaller portions, reduce cooking time to avoid excess browning. Drain well before serving.

Caution Do not eat raw.

Important All appliances vary, these are guidelines only. Check food is piping hot throughout before serving.

Storage Type: Frozen.

Storage: Keep frozen at -18°C or cooler.

Important: If food has thawed, do not refreeze.

Lifestyle: Suitable for vegans.

Storage and Usage

Important: Plastic bags can be dangerous. To avoid danger of suffocation, keep this bag away from babies and small children.

