

NEW



Serving Suggestion



## Cooked Sliced Turkey Breast in Stock



Big Green Tick from Bernard Matthews Foodservice: Catering for public service sectors

- ✓ Quality British Turkey
- ✓ whole muscle
- ✓ Low on salt, low on fat
- ✓ Easy to prepare, cook & serve

# Cooked Sliced Turkey Breast in Stock

Slices of cooked turkey breast in turkey stock



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- Less than 3g fat per 100g
- Less than 200mg of sodium per 100g
- Free from Artificial Colours, Preservatives and Flavours
- Average Slice Weight 38g – perfect portion control

For best results cook from defrosted.

## To Defrost

Defrost in the pack in a refrigerator overnight (approx 10 - 12 hours).  
DO NOT REFREEZE ONCE DEFROSTED.

## To Reheat

**Steam Oven:** Place the pack on a baking tray into a steam oven for approximately 40-50 minutes.

**Conventional Oven:** Remove packaging, place the turkey breast slices and stock in an ovenable dish, and cover the dish with foil. Reheat in an oven pre heated to 180°C/350°F/Gas Mark 4 for approximately 1 hour.

**Boil in Bag:** Place the pack in a pan of boiling water & simmer for approximately 30 - 40 minutes.

**Microwave (based on an 1800W microwave):** Place the pack on a microwavable plate, pierce film & cook for approximately 3- 4 minutes then leave to stand for approximately 2-3 minutes.

## Ingredients

**Cooked Turkey Breast (76%), Turkey Stock (24%)**

**Turkey Stock contains:** Water, Turkey Extract, Modified Maize Starch, Black Pepper.

## Nutritional Information

Typical Values Per 100g	As Sold	Reheated
Energy kJ/kcal	556kJ/131kcal	661kJ/156kcal
Protein	29.6g	34.7g
Carbohydrate	0.9g	0.9g
as sugars	0.4g	0.4g
Fat	1.0g	1.5g
of which saturates	0.4g	0.6g
of which mono unsaturates	0.3g	0.6g
of which poly unsaturates	0.2g	0.2g
Dietary Fibre	<0.6g	<0.6g
Sodium	0.06g	0.05g
Salt	0.15g	0.13g

## Pack

Min weight Sliced Turkey Breast 760g  
& 245g stock per pack  
18-22 slices per pack  
Min pack weight 1Kg  
Min case weight 5Kg

## Shelf Life

18 months if kept frozen at -18°C

For further information contact:

Bernard Matthews Foodservice Team on 0845 519 4097 or email [foodservice@bernardmatthews.com](mailto:foodservice@bernardmatthews.com)

Each 38g slice reheated contains:



of a child's guideline daily amount



The Big Green Tick range delivers a range of foods that tick the boxes for healthier menus: natural, nutritious cuts, a selection of kid's favourites and a wide choice of ingredients and roasts. Bernard Matthews Foodservice is one of the most experienced suppliers to the school meals market. The Big Green Tick range has been developed in partnership with schools.

