



# MPD COUPLES PACK COOKING INSTRUCTIONS

## STARTERS

### LOAF OF SOURDOUGH

- Pre heat the oven to 190°C.
- Warm sourdough loaf for 15 minutes.
- Remove from oven and slice.

### CHARCUTERIE

- Chargrill sourdough for one minute each side or until coloured.
- Season with salt and serve with your cold cut meats.

### POPCORN CHICKEN

- Pre heat the oven to 190°C.
- Roast for 10 minutes.
- Season with salt and serve with chilli mayonnaise.

## MAINS

### BEEF WELLINGTON

- Pre- heat FAN FORCED oven for 30 minutes at 190c. If not fan forced, 210c  
Cooking time:
  - Medium Rare - 30 Minutes
  - Medium - 35 Minutes
  - Medium Well - 40 Minutes
- After the first 20 minutes of cooking, remove the beef Wellington from the foil tray and place on oven racks to help cook the bottom of the pastry, place the foil tray on the shelf below to catch any juices that may leak during cooking. Continue cooking to desired cooking style
- Rest meat for 10 minutes.
- Slice in half and serve.

### RED WINE JUS

- Place a large pot of water on the stove and bring to a simmer, turn heat to low.
- Place vacuum-packed red wine jus into the pot of water, and heat through for 5 minutes.
- Carefully remove the bag from the pot, cut a small corner of the bag and pour over meat as desired.

## SIDES

### BRAISED PEAS, CARAMELISED ONIONS, BACON

- Place a large pot of water on the stove and bring to a simmer, turn heat to low.
- Place vacuum packed Pea mixture into the pot of water, and heat through for 5 minutes.
- Remove from the bag, place onto a serving plate.

### CHAR GRILLED PUMPKIN

- Pre heat the oven to 190°C.
- Roast for 10 minutes.
- Serve with spiced yoghurt and top with pepitas.

## DESSERT

### APPLE TARTE TATIN

- Pre heat oven to 190°C
- Leave the tarte tatin on the foil and baking paper and place onto an oven proof tray.
- Roast for 10 minutes.
- Serve onto a serving plate and top with crème anglaise.