



MPD GENTLEMEN'S SINGLE PACK COOKING INSTRUCTIONS

STARTERS

MARINATED JUMBO PRAWNS, LEMON

- Pre heat the oven to 190°C.
- Remove vacuum packed Prawns from bag and place onto a lined baking tray and season with a pinch of salt.
- Place tray into the oven for 7 minutes, turn Prawns halfway.
- Remove from oven, place onto a serving plate.

OR IF USING BBQ

- Pre heat bbq to medium-high heat.
- Remove vacuum packed Prawns from bag and place onto bbq and season with a pinch of salt.
- Sear on each side for 2 minutes until golden brown.
- Remove from bbq, place onto a serving plate.

MAINS

RIB-EYE

- For our chefs tips and tricks on how to cook the perfect steak, scan the QR code below and head to our YouTube page.

SIDES

TRUFFLE MAC N CHEESE

- Pre heat the oven to 190°C.
- Place the mac 'n' cheese in an oven proof dish and roast for 15 minutes.

GREEN BEANS WITH HARISSA BUTTER

- Place a large pot of water on the stove and bring to a simmer, turn heat to low.
- Place vacuum packed Green Beans into the pot of water, and heat through for 5 minutes.
- Remove from the bag, place onto a serving plate, pour over the harissa butter and juices.

DESSERT

MPD SNICKERS

- Ready to eat.

COCKTAIL

MPD OLD FASHIONED

- Pour contents of the bag into a mixing glass.
- Fill the glass $\frac{3}{4}$ full with ice.
- Stir the drink for approximately 30 seconds.
- Put into desired glass and serve over ice.