

Beef Roast

Silverside Flat

1. Meyer Food Co. Roast Meats are amazing! Good quality, tender and juicy – time after time.
2. All roasts are well trimmed of fat and gristle and are 'sausage' shaped for portion control.
3. Roasts are cooked in a barrier pouch to exclude oxygen and bacteria, and have a long shelf life after cooking stored at 5°C or below. They are consistent in size, shape, yield & cooking doneness.
4. Because the roasts are cooked they make meal preparation simple and fast.

HOW TO COOK

- Open the bag, keep the 'jus' for gravy or the stock pot.
- Machine portion slice (use a low cost digital scale) into an oven pan, pour over some 'jus' or gravy, cover with foil, heat at medium for 30 minutes. This method gives the best economy.
- Can be microwaved but must have gravy on top of slices.
- For best taste open the bag and oven the roast whole for approx 60 minutes on medium – carve as normal.



Packaged Product



Serving Suggestions

Random weight approx 4.5kg per piece

Approx 10kg per carton

12 weeks shelf life

Store between 0°C and 5°C

CODE:

109

NAME:

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