



Cooking made easy...

Fresh 'n Easy Poultry owners, managers and staff are always happy to answer any questions you might have relating to any product ingredient we use.

We make all of our products fresh daily, and we work hard to **make your cooking easier.**

Did you know that if you buy our Skinless Chicken Breasts we will gladly mince, dice or stir fry cut it for you at no extra charge? How is easy is that!



Product Cooking Times



Easy Carve Roasts

Oven Bake, 1 hour 20 minutes, 180°C

Mini Roasts

Oven Bake, 1 hour, 180°C

*Drizzle roasts with oil. Once baked let stand for 5 minutes before removing the netting.

Marinated Steaks

Oven Bake, 25 minutes, 180°C

*Can also be pan fried or barbequed.

Cordon Bleu, Parmigiana, Hawaiian

Oven Bake, 30 minutes, 180°C

*Drizzle with oil. Can also be shallow fried or barbequed.

Marinated Kebabs

Barbeque, 8 minutes each side

*Can also be grilled or pan fried.

Marinated Wingettes

Barbeque, 20-30 mins turn occasionally

*Can also be grilled or oven baked.

Enchiladas

Oven Bake, 25 minutes, 180°C

Breast on the Bone

Oven or pan fried 25-30 minutes

Florentine, Madagascar, Popeye

Oven Bake, 35-40 minutes, 180°C

Kiev's

Oven Bake, 35-40 minutes, 180°C

*Drizzle with oil. Can also be shallow fried or barbequed.

Marinated Cutlet

Oven Bake, 30 minutes, 180°C

*Can also be pan fried or barbequed.

Meatloaf

Oven Bake, 45-50 minutes, 180°C

Roll-Ups

Oven Bake, 35-40 minutes 180°C

Tandoori Half Bird

Oven Bake, 40-45 minutes, 180°C

Melens

Oven bake, 20-30 minutes, 180°C

*Remove plastic from back.

Mignon

Oven Bake, 30 minutes, 180°C

*Can also be pan fried or barbequed.



"Where Service, Quality & Price Matter!"