



## **Texture Modified Vegetables**



Ezy Chef Vegetable Puree's are 100% Pure, with NO ADDITIVES; NO PRESERVATIVES; and NO COLOURING. We use 100% Australian grown vegetables that are sourced off the farm and packing sheds. We take away all the cumbersome tasks and create a 100% Pure texture modified Puree or Mash which retains versatility and is easy to use.

Early development of the processing technique was undertaken through CSIRO / Food Science Australia and since 2008 we have evolved through consultation with Chefs; Production Managers; Food Service Managers; and Speech Pathologists with the Baby Care; Aged Care and Hospital Care sectors in mind. Our Vegetable Puree and Mash range meets with Texture C smooth Puree guidelines (*\*Texture C Smooth Pureed - Food is smooth, moist and lump free, Australian Standards for Texture Modified Foods & Liquids*). The process used to convert the raw vegetables into Cooked Puree locks in the natural nutrition, colours and goodness to meet with the nutrition standards – guidelines for healthcare.

Our 100% Pure vegetable puree and mash range includes...

- Butternut Pumpkin Puree
- Potato Mash
- Sweet Potato Mash
- Broccoli Mash
- Onion Puree
- Green Pea Mash
- Celery Puree
- Leek Puree
- Carrot Puree
- Cauliflower Puree
- Capsicum Puree
- Beetroot Puree
- Corn Puree
- Other vegetable Puree's (We can offer pretty much any Australian Vegetable in a Puree form)



Our range is Free of nasty added allergens as it is 100% Pure.

All of our experience has led to us maintaining our Vegetable Puree and Mash range in it's near fresh nutritious processed form – Frozen with a 24 month shelf-life. The most economical packaging format is in 2kg boiling bags which can be heated in a 'Combi Steamer' or 'Bain Marie' with a 30gm suggested serving size providing a convenient, cost effective 66 serves per pack as a meal accompaniment or ingredient.

The range of Vegetable Puree and Mash provides a mixed choice to achieve a nutritionally balanced healthcare menu.

Nutritional Information at a glance...

Ezy Chef Code	Product (6 x 2kg Packs per case)	Servings per 2kg Pack	Average Quantity per 100gm serve							
			Energy (kJ)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	
Ezy022	Ezy Chef Butternut Pumpkin Puree Texture C – Smooth Pureed	66.7 x 30gm	352	3.8	1.2	0.2	12.4	9.5	2	
Ezy041	Ezy Chef Potato Mash Texture C – Smooth Pureed	40 x 50gm	275	2.6	0.0	0.0	12.1	1.9	6	
Ezy044	Ezy Chef Sweet Potato Mash Texture C – Smooth Pureed	66.7 x 30gm	486	3.2	0.2	0.0	23.4	9.3	17	
Ezy051	Ezy Chef Broccoli Mash Texture C – Smooth Pureed	66.7 x 30gm	217	7.6	0.5	0.2	0.7	0.7	37	
Ezy051	Ezy Chef Onion Puree Texture C – Smooth Pureed	66.7 x 30gm	228	2.8	0.2	0.0	8.0	8.0	23	
Ezy055	Ezy Chef Green Pea Mash Texture C – Smooth Pureed	66.7 x 30gm	173	4.0	0.2	0.0	4.5	0.3	6	
Ezy057	Ezy Chef Celery Puree Texture C – Smooth Pureed	66.7 x 30gm	100	1.2	0.2	0.0	2.4	2.4	194	
Ezy059	Ezy Chef Leek Puree Texture C – Smooth Pureed	66.7 x 30gm	215	3.2	0.7	0.2	5.5	5.5	25	
Ezy061	Ezy Chef Carrot Puree Texture C – Smooth Pureed	66.7 x 30gm	229	1.3	0.2	0.0	8.3	8.3	66	
Ezy064	Ezy Chef Cauliflower Puree Texture C – Smooth Pureed	66.7 x 30gm	168	3.5	0.3	0.0	3.2	3.2	52	
Ezy065	Ezy Chef Capsicum Puree Texture C – Smooth Pureed	66.7 x 30gm	185	2.5	0.3	0.0	5.8	5.8	3	
Ezy069	Ezy Chef Beetroot Puree Texture C – Smooth Pureed	66.7 x 30gm	325	2.8	0.2	0.2	12.8	12.8	82	
Ezy074	Ezy Chef Corn Puree Texture C – Smooth Pureed	66.7 x 30gm	657	5.0	1.5	0.2	28.0	5.0	8	

Product of Australia

Products are available through our preferred distributor (Superior Food Services) to the health sector in cartons of 6 x 2kg Pouches Frozen

For more information please contact



Ezy Chef Pty Ltd  
 Roger Lazaro 0411 967 945  
 Gavin Clifford 0402 714 422  
 Email: [sales@ezychef.com.au](mailto:sales@ezychef.com.au)  
 Website: [www.ezychef.com.au](http://www.ezychef.com.au)