

OUR FAMILY KITCHEN

FREEZER LABELS · SALADS, DIPS & SIDES · COLOUR

ROASTED EGGPLANT & CHICKPEA SALAD

SALADS, DIPS & SIDES · NO. 1

Frozen on: ____ / ____ / ____

Servings: _____

THAW OVERNIGHT IN THE FRIDGE

Stir well and add freshly chopped parsley
before serving.

KEEP FROZEN
BEST WITHIN 3 MONTHS

CREAMY LEMON & GARLIC HUMMUS

SALADS, DIPS & SIDES · NO. 2

Frozen on: ____ / ____ / ____

Servings: _____

THAW OVERNIGHT IN THE FRIDGE

Stir well, loosen with a little cold water if
needed, and add the garnish.

KEEP FROZEN
BEST WITHIN 3 MONTHS

LEFTOVER CRISPY CROQUETTES

SALADS, DIPS & SIDES · NO. 3

Frozen on: ____ / ____ / ____

Frozen as: Uncooked, crumbed

Croquettes: _____

THAW & REHEAT

Thaw overnight in the fridge. Air-fry until
golden and piping hot.

Made from: _____

KEEP FROZEN
BEST WITHIN 3 MONTHS

INSTANT POT MAC AND CHEESE

SALADS, DIPS & SIDES · NO. 4

Frozen on: ____ / ____ / ____

Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently with
a splash of milk, stirring until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS

Print at 100% (actual size) on A4. Each label is 85 × 110 mm. Cut around the border.

Write the date and portions before freezing.

OUR FAMILY KITCHEN

FREEZER LABELS · SALADS, DIPS & SIDES · COLOUR



GREEK POTATOES
SALADS, DIPS & SIDES · NO. 5

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat in an ovenproof dish at 200°C (180°C fan) until piping hot. Add fresh parsley.

KEEP FROZEN
BEST WITHIN 3 MONTHS



Print at 100% (actual size) on A4. Each label is 85 × 110 mm. Cut around the border.

Write the date and portions before freezing.

OUR FAMILY KITCHEN

FREEZER LABELS · SALADS, DIPS & SIDES · LINE-ART



**ROASTED EGGPLANT &
CHICKPEA SALAD**

SALADS, DIPS & SIDES · NO. 1

Frozen on: ____ / ____ / ____
Servings: _____

THAW OVERNIGHT IN THE FRIDGE

Stir well and add freshly chopped parsley
before serving.

KEEP FROZEN
BEST WITHIN 3 MONTHS



**CREAMY LEMON &
GARLIC HUMMUS**

SALADS, DIPS & SIDES · NO. 2

Frozen on: ____ / ____ / ____
Servings: _____

THAW OVERNIGHT IN THE FRIDGE

Stir well, loosen with a little cold water if
needed, and add the garnish.

KEEP FROZEN
BEST WITHIN 3 MONTHS



**LEFTOVER CRISPY
CROQUETTES**

SALADS, DIPS & SIDES · NO. 3

Frozen on: ____ / ____ / ____
Frozen as: Uncooked, crumbed
Croquettes: _____

THAW & REHEAT

Thaw overnight in the fridge. Air-fry until
golden and piping hot.
Made from: _____

KEEP FROZEN
BEST WITHIN 3 MONTHS



**INSTANT POT MAC AND
CHEESE**

SALADS, DIPS & SIDES · NO. 4

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently with
a splash of milk, stirring until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



Print at 100% (actual size) on A4. Each label is 85 × 110 mm. Cut around the border.

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OUR FAMILY KITCHEN

FREEZER LABELS · SALADS, DIPS & SIDES · LINE-ART



GREEK POTATOES
SALADS, DIPS & SIDES · NO. 5

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat in an ovenproof dish at 200°C (180°C fan) until piping hot. Add fresh parsley.

KEEP FROZEN
BEST WITHIN 3 MONTHS



Print at 100% (actual size) on A4. Each label is 85 × 110 mm. Cut around the border.

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