

FROZEN VEGETARIAN MEALS



Convenient and time-saving options

Ready-to-cook/eat



- **Frozen vegetarian meals** are commercially manufactured food products **designed for freezing** and subsequent storage at sub-zero temperatures.
- These meals are specifically formulated to **exclude any ingredients derived from animals**, including meat, poultry, seafood, and their by-products, adhering to the principles of vegetarian diets.

CERTAIN VEGETARIAN MEALS MAY INCLUDE DAIRY UNLESS THEY ARE CERTIFIED VEGAN.

Processing

- The process of creating frozen vegetarian meals involves carefully **selecting plant-based ingredients**, such as fruits, vegetables, grains, legumes, nuts, seeds, and plant-based proteins.
- These ingredients undergo preparation, cooking, and assembly into various meal formats.
- Once the meals are assembled, they are rapidly frozen to extremely low temperatures (**-18°C to -30°C**) to preserve their quality and extend their shelf life.

Source: www.amul.com



Source: www.haldiramsminutekhana.com



Source: www.keventer.com



A woman with her hair in a bun, wearing a dark jacket, is seen from behind, looking at a display of frozen food packages in a grocery store aisle. The display is filled with various colorful packages of frozen meals and vegetables.

Freezing & Storage

- The duration of freezing can vary depending on factors like the size and thickness of the food, and the specific requirements of the recipe.
- **Blast freezers or tunnel freezers** are used commercially, which can rapidly circulate extremely cold air around the food to reduce its temperature quickly.
- Once frozen meals are properly stored at the recommended temperature (-18°C), they can have a shelf life of **several months to a year**.

FREEZING PREVENTS THE GROWTH OF HARMFUL BACTERIA AND PRESERVES MEAL QUALITY DURING THEIR EXTENDED SHELF LIFE.