



**MR. FREEZE**®

# **Frozen Vegetarian Gourmet Delights**

**Crunchy Crispy Tasty**



# FRESH FROZEN GREEN PEAS

We process with state of the art equipment and technology for preserving the nutritious values and fresh flavours of the green peas

Our green peas are carefully selected so that each pea will give you a taste that is deliciously juicy and fresh.



- PRESERVATIVE
- ADDED COLOUR
- ADDITIVES

5 Kg / 1 Kg / 500g / 200g





# FROZEN AMERICAN SWEET CORN KERNEL

We process with state of the art equipment and technology for preserving the nutritious values and fresh flavours of the Sweet corn Kernels

Our sweet corn kernels are carefully selected so that each Kernel will give you a taste that is deliciously juicy and fresh.



- PRESERVATIVE
- ADDED COLOUR
- ADDITIVES

1 Kg / 500 g





# FROZEN BABY CORN

*Delicious & Tasty*

We process with state of the art equipment and technology for preserving the nutritious values and fresh flavours of the Baby Corn

Our baby corns are carefully selected so that each Baby corn will give you a taste that is deliciously juicy and fresh.

**NO**

- PRESERVATIVE
- ADDED COLOUR
- ADDITIVES

500 g





# FROZEN MIXED VEGETABLES

We process with state of the art equipment and technology for preserving the nutritious values and fresh flavours of the mixed vegetables.

Our mixed vegetables are carefully selected so that each vegetable will give you a taste that is deliciously juicy and fresh.

**Ingredients** : Cauliflower (30%), Carrot (25%), French Beans (25%), Green Peas (20%)



- PRESERVATIVE
- ADDED COLOUR
- ADDITIVES

1 Kg





# FROZEN FRENCH FRIES

**Straight Cut | 9mm**

**Crunchy Crispy Tasty**

## METHOD OF PREPARATION - DEEP FRY :

### STEP 1

Preheat the oil in fryer/wok (max. temperature upto 180 degree centigrade).

### STEP 2

Take the product from the freezer. Fry directly- do not thaw.

### STEP 3

Put the desired quantity gently in hot oil and deep fry for 3 minutes.

### STEP 4

Seal & keep the remaining product in the freezer.

**STORE IN  
FREEZER**

At - 18°C Or Below

**COOK  
WITHOUT  
THAWING**

**FRY OR  
BAKE**

**BAKE:** Preheat Oven to 220°C. Arrange Frozen Product in a single layer on baking tray and bake for 15 minutes until light golden brown.

**Air Frying :** Preheat the air fryer to 200°C, Arrange in single layer on frying tray and air fry for 12-15 minutes until light golden colour.

Not suitable for microwave cooking.  
Reduce cooking time when cooking smaller quantity.

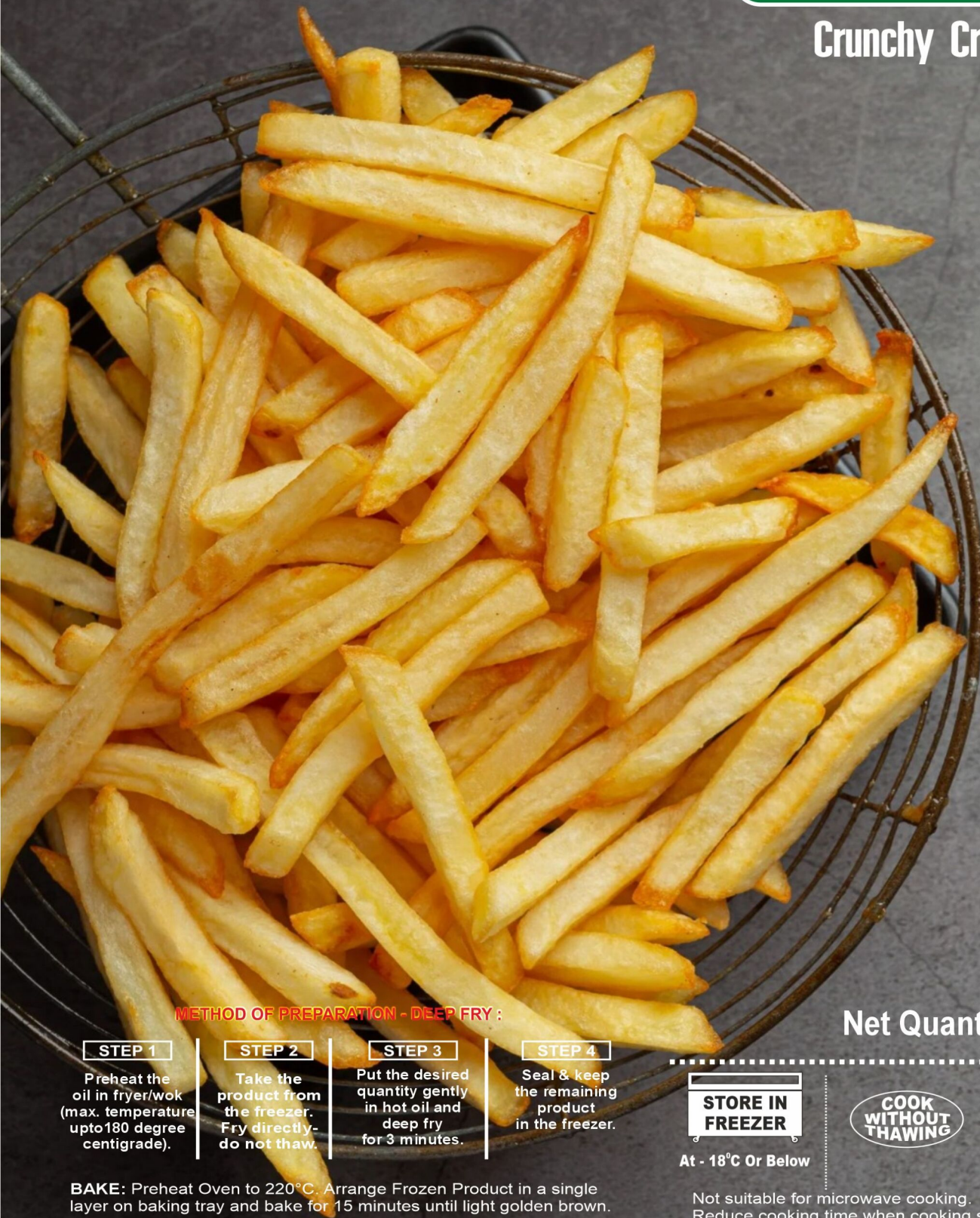
**Net Quantity : 2.5 Kg**



# FROZEN FRENCH FRIES

*Shoe String | 6 mm*

**Crunchy Crispy Tasty**



## METHOD OF PREPARATION - DEEP FRY :

### STEP 1

Preheat the oil in fryer/wok (max. temperature upto 180 degree centigrade).

### STEP 2

Take the product from the freezer. Fry directly- do not thaw.

### STEP 3

Put the desired quantity gently in hot oil and deep fry for 3 minutes.

### STEP 4

Seal & keep the remaining product in the freezer.

**STORE IN  
FREEZER**

At - 18°C Or Below

**COOK  
WITHOUT  
THAWING**

**FRY OR  
BAKE**

**BAKE:** Preheat Oven to 220°C. Arrange Frozen Product in a single layer on baking tray and bake for 15 minutes until light golden brown.

**Air Frying :** Preheat the air fryer to 200°C, Arrange in single layer on frying tray and air fry for 12-15 minutes until light golden colour.


Not suitable for microwave cooking.  
Reduce cooking time when cooking smaller quantity.





# FROZEN VEG SOYA CHAAP

*Tasty and Delicious*

## Instructions for use

 Boil the chaap in clean water for about 2 minutes

 Squeeze out water completely

 Fry the chaap in oil until light brown in colour



Add to the readymade gravy and heat

Or



Marinate and grill to have as Tikka

**NO**

- PRESERVATIVE
- ADDED COLOUR
- ADDITIVES

500 g





# CHILI HERB ALOO TIKKI

Crunchy Crispy Tasty



## METHOD OF PREPARATION - DEEP FRY :

### STEP 1

Preheat the oil in fryer/wok (max. temperature upto 180 degree centigrade).

### STEP 2

Take the product from the freezer. Fry directly-do not thaw.

### STEP 3

Put the desired quantity gently in hot oil and deep fry for 3 minutes.

### STEP 4

Seal & keep the remaining product in the freezer.

**BAKE:** Preheat Oven to 220°C. Arrange Frozen Product in a single layer on baking tray and bake for 15 minutes until light golden brown.

Not suitable for microwave cooking.  
Reduce cooking time when cooking smaller quantity.

**Net Quantity : 1.5 Kg**

27 Nos. (Approximate values)

**STORE IN  
FREEZER**

At - 18°C Or Below

**COOK  
WITHOUT  
THAWING**

**FRY OR  
BAKE**



# VEG BURGER TIKKI

**Crunchy Crispy Tasty**



## METHOD OF PREPARATION - DEEP FRY :

### STEP 1

Preheat the oil in fryer/wok (max. temperature upto 180 degree centigrade).

### STEP 2

Take the product from the freezer. Fry directly- do not thaw.

### STEP 3

Put the desired quantity gently in hot oil and deep fry for 3 minutes.

### STEP 4

Seal & keep the remaining product in the freezer.

**BAKE:** Preheat Oven to 220°C. Arrange Frozen Product in a single layer on baking tray and bake for 15 minutes until light golden brown.

Not suitable for microwave cooking.  
Reduce cooking time when cooking smaller quantity.

**Net Quantity : 1.2 Kg**

20 Nos. (Approximate values)

**STORE IN  
FREEZER**

At - 18°C Or Below

**COOK  
WITHOUT  
THAWING**

**FRY OR  
BAKE**



# ALOO TIKKI

**Crunchy Crispy Tasty**



## METHOD OF PREPARATION - DEEP FRY :

### STEP 1

Preheat the oil in fryer/wok (max. temperature upto 180 degree centigrade).

### STEP 2

Take the product from the freezer. Fry directly- do not thaw.

### STEP 3

Put the desired quantity gently in hot oil and deep fry for 3 minutes.

### STEP 4

Seal & keep the remaining product in the freezer.

**BAKE:** Preheat Oven to 220°C. Arrange Frozen Product in a single layer on baking tray and bake for 15 minutes until light golden brown.

Not suitable for microwave cooking.  
Reduce cooking time when cooking smaller quantity.

**Net Quantity : 1.5 Kg**

37 Nos. (Approximate values)

**STORE IN  
FREEZER**

At - 18°C Or Below

**COOK  
WITHOUT  
THAWING**

**FRY OR  
BAKE**



# HARA BHARA KABAB

Crunchy Crispy Tasty



## METHOD OF PREPARATION - DEEP FRY :

### STEP 1

Preheat the oil in fryer/wok (max. temperature upto 180 degree centigrade).

### STEP 2

Take the product from the freezer. Fry directly- do not thaw.

### STEP 3

Put the desired quantity gently in hot oil and deep fry for 3 minutes.

### STEP 4

Seal & keep the remaining product in the freezer.

**BAKE:** Preheat Oven to 220°C. Arrange Frozen Product in a single layer on baking tray and bake for 15 minutes until light golden brown.

Not suitable for microwave cooking.  
Reduce cooking time when cooking smaller quantity.

Net Quantity : 1 Kg

50 Nos. (Approximate values)

**STORE IN  
FREEZER**

At - 18°C Or Below

**COOK  
WITHOUT  
THAWING**

**FRY OR  
BAKE**



# VEG SHAMMI KABAB

Crunchy Crispy Tasty



## METHOD OF PREPARATION - DEEP FRY :

### STEP 1

Preheat the oil in fryer/wok (max. temperature upto 180 degree centigrade).

### STEP 2

Take the product from the freezer. Fry directly- do not thaw.

### STEP 3

Put the desired quantity gently in hot oil and deep fry for 3 minutes.

### STEP 4

Seal & keep the remaining product in the freezer.

**STORE IN  
FREEZER**

At - 18°C Or Below

**COOK  
WITHOUT  
THAWING**

**FRY OR  
BAKE**

**Net Quantity : 1 Kg**

50 Nos. (Approximate values)

**BAKE:** Preheat Oven to 220°C. Arrange Frozen Product in a single layer on baking tray and bake for 15 minutes until light golden brown.

Not suitable for microwave cooking.  
Reduce cooking time when cooking smaller quantity.



# JALAPENO CHEESE STICKS

**Crunchy Crispy Tasty**



## METHOD OF PREPARATION - DEEP FRY :

### STEP 1

Preheat the oil in fryer/wok (max. temperature upto 180 degree centigrade).

### STEP 2

Take the product from the freezer. Fry directly-do not thaw.

### STEP 3

Put the desired quantity gently in hot oil and deep fry for 3 minutes.

### STEP 4

Seal & keep the remaining product in the freezer.

**STORE IN  
FREEZER**

At - 18°C Or Below

**COOK  
WITHOUT  
THAWING**

**FRY OR  
BAKE**

**Net Quantity : 1 Kg**

62 Nos. (Approximate values)

**BAKE:** Preheat Oven to 220°C. Arrange Frozen Product in a single layer on baking tray and bake for 15 minutes until light golden brown.

Not suitable for microwave cooking.  
Reduce cooking time when cooking smaller quantity.



# CHEESE CORN NUGGETS

**Crunchy Crispy Tasty**



## METHOD OF PREPARATION - DEEP FRY :

### STEP 1

Preheat the oil in fryer/wok (max. temperature upto 180 degree centigrade).

### STEP 2

Take the product from the freezer. Fry directly- do not thaw.

### STEP 3

Put the desired quantity gently in hot oil and deep fry for 3 minutes.

### STEP 4

Seal & keep the remaining product in the freezer.

**BAKE:** Preheat Oven to 220°C. Arrange Frozen Product in a single layer on baking tray and bake for 15 minutes until light golden brown.

Not suitable for microwave cooking.  
Reduce cooking time when cooking smaller quantity.

**Net Quantity : 1 Kg**

55 Nos. (Approximate values)

**STORE IN  
FREEZER**

At - 18°C Or Below

**COOK  
WITHOUT  
THAWING**

**FRY OR  
BAKE**



# CHEESE MOZZARELLA STICKS

**Crunchy Crispy Tasty**



## METHOD OF PREPARATION - DEEP FRY :

### STEP 1

Preheat the oil in fryer/wok (max. temperature upto 180 degree centigrade).

### STEP 2

Take the product from the freezer. Fry directly- do not thaw.

### STEP 3

Put the desired quantity gently in hot oil and deep fry for 3 minutes.

### STEP 4

Seal & keep the remaining product in the freezer.

**BAKE:** Preheat Oven to 220°C. Arrange Frozen Product in a single layer on baking tray and bake for 15 minutes until light golden brown.

Not suitable for microwave cooking.  
Reduce cooking time when cooking smaller quantity.

**Net Quantity : 1 Kg**

55 Nos. (Approximate values)

**STORE IN  
FREEZER**

At - 18°C Or Below

**COOK  
WITHOUT  
THAWING**

**FRY OR  
BAKE**



# VEGGIE STICKS

Crunchy Crispy Tasty



## METHOD OF PREPARATION - DEEP FRY :

### STEP 1

Preheat the oil in fryer/wok (max. temperature upto 180 degree centigrade).

### STEP 2

Take the product from the freezer. Fry directly- do not thaw.

### STEP 3

Put the desired quantity gently in hot oil and deep fry for 3 minutes.

### STEP 4

Seal & keep the remaining product in the freezer.

**BAKE:** Preheat Oven to 220°C. Arrange Frozen Product in a single layer on baking tray and bake for 15 minutes until light golden brown.

Not suitable for microwave cooking.  
Reduce cooking time when cooking smaller quantity.

**Net Quantity : 1 Kg**

47 Nos. (Approximate values)

**STORE IN  
FREEZER**

At - 18°C Or Below

**COOK  
WITHOUT  
THAWING**

**FRY OR  
BAKE**



# FRUITS SLICES

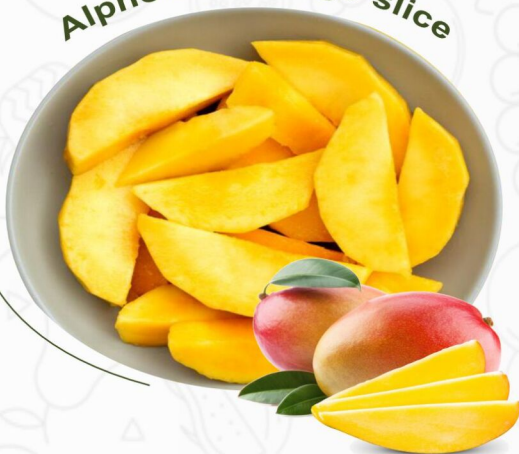
Fresh Frozen Strawberry Whole



Jamun Slices



Alphonso Mango slice



Chikoo slice



Pineapple cubes



Pink Guava Slice



NET QUANTITY. 1 Kg

FRESH &  
HEALTHY

JUICY &  
TASTY

STORE IN FREEZER  
At - 18°C Below



# FRUITS PULP

Fresh Frozen Strawberry Pulp



Jamun Pulp



Alphonso Mango Pulp



Custard Pulp



Pink Guava Pulp



Chikoo Pulp



NET QUANTITY. 1 Kg

FRESH &  
HEALTHY

JUICY &  
TASTY

STORE IN FREEZER  
At - 18°C Below



# Frozen Vegetarian Gourmet Delights

**Crunchy Crispy Tasty**

## HOLY-LAND MARKETING PVT. LTD

**Registered Office :**

Unit No. 4F, 4th Floor, Hansalaya Building,  
15, Barakhamba Road, New Delhi-110001

**Corporate Office :**

807-808, 8th Floor, Tower-B, Global Business  
Park, MG Road, Gurugram-122002.  
Behind : Guru Dronacharya Metro Station.  
E-mail : mrfreeze@holylandgroup.com

***Cold storage facilities available at :***

**Delhi , Sonipat, Kolkata, Mohali, Indore, Mumbai**

[www.holylandgroup.com](http://www.holylandgroup.com)

