



## 203529C Basmati Pilau Rice Sachets (Tilda)



Pack Size: 48 X 167G

**Details:** Tilda frozen basmati pilau rice cooked and blended with pilau flavourings.

### Allergen Information

**Contains:**

Celery, Mustard

**Free from:**

Cereal, Sesame, Eggs, Fish, Gluten, Soya, Sulphur Dioxide, Lupin, Milk, Molluscs, Crustaceans, Nuts, Peanuts

**Suitable for:**

Coeliacs, Kosher, Halal, Vegetarians, Vegan

### Handling Information

**Directions For Use:**

Pan: Place the frozen product in a frying pan with hot oil. Stir over a medium heat for 5 minutes, stirring continuously and then season to taste.

Microwave 800W: Place the frozen product in a microwaveable dish, cover and vent.

Cook in full power\* for 3 minutes. Season to taste. \*Adjust accordingly the times for

**Storage Instructions:**

Keep frozen at -18°C or below. Do not refreeze.

### Product Ingredients

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Frozen cooked basmati rice (97%), Pilau seasoning (Potato Maltodextrin, Salt, Cumin, Garam Masala (Coriander, Ginger, Cinnamon, **MUSTARD**, Ginger, Clove, Pepper, Cumin, Nutmeg, Pimento, Fennel, Cardamom, Sunflower Oil, Cassia Bark Oil), Turmeric Extract, Paprika, Brown **MUSTARD** Seeds, Sugar, Onion, Yeast Extract,

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

129 kcal / 549 kJ

**Fat:**

0.4 g

**of which saturates:**

0.1 g

**Carbohydrates:**

28.4 g

**of which sugars:**

0.1 g

**Fibre:**

0.7 g

**Protein:**

2.7 g

**Salt:**

0.58 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.