



203530C Basmati & Wild Rice Sachets (Tilda)



Pack Size: 36 X 200G

Details: This blend of the finest fragrant Tilda basmati and exotic wild rice creates a delicious combination to make a luxuriously different and delicious looking meal.

Allergen Information

Free from:

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

Suitable for:

Kosher, Halal, Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

Pan: Place the frozen product in a frying pan with hot oil. Stir fry over medium heat for

6 minutes, stirring continuously and then season to taste.

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

Storage Instructions:

Frozen -18°C or below

Product Ingredients

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100% Frozen Cooked Parboiled Basmati and Wild rice

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

170 kcal / 720 kJ

Fat:

0.4 g

of which saturates:

0.1 g

Carbohydrates:

36.1 g

of which sugars:

0 g

Fibre:

1.4 g

Protein:

4.7 g

Salt:

0.01 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.

