



206721C Moroccan Style Pilaf Roast (Scheff Foods)



Pack Size: 12 X 300G

Details: Moroccan spiced brown rice, mixed with juicy sultanas, apricots, dried cranberries, topped with butternut squash and pumpkin seeds. Perfect as a vegan alternative main course, each roast is individually packed and can be cooked from frozen in less than 10 minutes.

Allergen Information

Contains:

Sulphur Dioxide, Celery

Free from:

Soya, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Cereal

May contain:

Nuts

Suitable for:

Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

From Frozen (1900 Watt Microwave), remove from tray and place on a serving dish. Defrost for 6 minutes. Reheat on full power for 2 minutes. Ensure the product is thoroughly heated before serving.

Storage Instructions:

-18°C or below, Once defrosted do not re-freeze

Product Ingredients

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Cooked Brown Rice (45%) (Water, Rice), Onion, Tomato, Butternut Squash, Orange Juice, Tomato Puree, Capsicum, Dried Cranberry (Sugar, Sunflower Oil), Sultana (Sunflower Oil), Pumpkin Seed, Sugar, Dried Apricot (Rice Flour) [**SULPHITES**], Rapeseed Oil, White Wine Vinegar [**SULPHITES**], Cornflour, Lemon Juice

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

179 kcal / 753 kJ

Fat:

4.3 g

of which saturates:

0.5 g

Carbohydrates:

30.3 g

of which sugars:

11.7 g

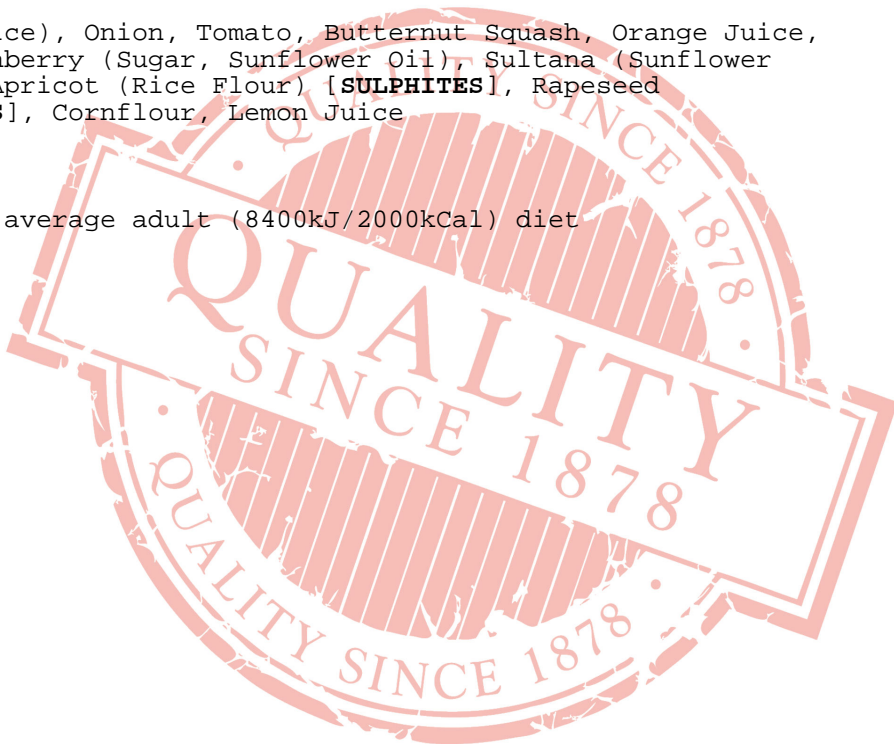
Fibre:

2.3 g

Protein:

3.5 g

Salt:



0.81 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.