

# Basmati & Wild Rice Sachets (Tilda)

**Pack Size:** 36 X 200G

## Product Description:

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.

**Brand:** Tilda



**Ingredient Declaration:** 100% Frozen Cooked Parboiled Basmati and Wild rice

## Allergens:

NOT APPLICABLE

N/A

## Additional Allergen Information:

<b>Barley</b>	No	<b>Almond nuts</b>	No
<b>Oats</b>	No	<b>Brazil nuts</b>	No
<b>Rye</b>	No	<b>Cashew nuts</b>	No
<b>Wheat (including Spelt and Khorasan)</b>	No	<b>Hazelnuts</b>	No
		<b>Macadamia (Queensland) nuts</b>	No
		<b>Pecan nuts</b>	No
		<b>Pistachio nuts</b>	No
		<b>Walnuts</b>	No

## Diet Suitability:

NOT APPLICABLE N/A

SUITABLE FOR

Coeliacs, Halal, Kosher, Vegetarians, Vegan

## Nutritional Information:

Nutrient	per 100g/ml
<b>Energy (kJ/kcal)</b>	170 kcal / 720 kJ
<b>Fat</b>	0.4 g
<b>of which Saturates</b>	0.1 g
<b>Carbohydrate</b>	36.1 g
<b>of which Sugars</b>	0 g
<b>Fibre</b>	1.4 g
<b>Protein</b>	4.7 g
<b>Salt</b>	0.01 g

## 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. Cook on full power\* for 5 minutes. Season to taste. \*Adjust accordingly the times for the microwave power and the amount of product used.

Frozen -18°C or below

**Storage Instructions:**

**Shelf Life Once Open:**

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.