



QUICK  
COOK

# ORGANIC PUMPKIN RISOTTO

*Indulgent, rich & creamy.  
Wholesome ingredients perfectly  
seasoned for a delicious meal,  
ready in minutes!*



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# ORGANIC PUMPKIN RISOTTO

*Experience a taste of autumn any time with our organic pumpkin risotto. This product combines rice with the sweet savoury flavour of pumpkin.*

## GB: ORGANIC PUMPKIN RISOTTO

Ingredients: Rice\* (86.5%), Pumpkin\* (7%) (Pumpkin Pieces\*, Pumpkin Powder\*), Vegetable Broth\* (Salt, Rice Flour\*, Corn Starch\*, Dehydrated Vegetables In Variable Proportions\* (0.5%) (Onion\*, **Celery\***, Carrot\*, Leek\*, Parsley\*), Miso\* (**Soya\***, Rice\*, Water, Salt, Koji), Extra Virgin Olive Oil\*, Spices\*, Caramelized Sugar\*), Onion\*, Sweet Paprika\*, Rosemary\*, Garlic\*, Turmeric\*. \* = Certified Organic Ingredients.  
For allergens please see ingredients in **bold**. Not suitable for **sesame** allergy sufferers due to manufacturing methods.

**Best before:** See side of pack.

**Storage:** Store cool and dry.

## Average Nutritional Values per 100g

Energy	1439kJ/340kcal
Fat	1.5g
of which saturates	0.5g
Carbohydrate	74g
of which sugars	2.5g
Fibre	3.8g
Protein	7.8g
Salt	1.9g

**Cooking instructions per packet (2-3 servings):** In one pan, bring about 750 - 800 ml of water to the boil. Heat a little oil in another pan, add the contents of the bag and toast for 1 minute. Add the boiling water and cook for 12-15 minutes stirring occasionally. When ready, serve with a few drops of olive oil.



IT-810-006  
EU/non-EU Agriculture

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