

MANGO, CHILLI & LIME

Wholegrain & White Rice

We've spent over 25 years sourcing the best-tasting ingredients from around the globe. Today, we continue to inspire more people to eat more plants by making delicious, nutritious food that's simple to prepare. We've cooked wholegrain and white rice with red pepper, mango, lime juice and chilli to create this sweet and spicy mix. Enjoy alongside grilled BBQ dishes, roasted veg or curries.

good to know I Low in fat

Nutrition information:

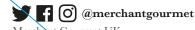
Nutrition per 100g (as sold) Energy kJ/kcal 718/170 2.0gof which saturates 0.4gCarbohydrate of which sugars 5.4gFibre 2.2g Protein 2.6g0.59g

Ingredients: Cooked Wholegrain Rice (43%) (Water, Wholegrain Rice), Cooked White Rice (35%) (Water, White Rice), Red Pepper (3.9%), Onion, Dried Mango (3.0%) (Mango, Sugar, Acidity Regulator: Citric Acid; Preservative: Sulphur Dioxide), Spiced Maple Sauce (Glucose Syrup, Rapeseed Oil, Fructose, Sugar, White Wine Vinegar (**Sulphites**), Spice Extracts [Ginger, Coriander, Turmeric, Cayenne, Clove, Pepper], Maple Sugar, Water, Onion Juice Concentrate, Cornflour, Desiccated Coconut, Ground Cumin, Flavouring, Turmeric Extract, Caramelised Sugar Syrup, Coriander Leaf), Mango Purée (2.0%), Vegetable Oil (Sunflower and/or Rapeseed Oil), White Wine Vinegar, Lime Juice (0.8%), Sugar, Salt, Lime Leaf, Red Chilli (0.4%), Cornflour, Cumin Seeds, Colour: Paprika Extract; Chilli Powder.

Allergens: For allergens, see ingredients in **bold**.

Storage: Store in a cool, dry place. Once opened, refrigerate and eat within 3 days.

EAT MORE PLANTS



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Merchant Gourmet EU, 4 Wildflower Way, Boucher Road, Belfast, BT12 6TA Appetite for change recycle scheme 250g€

Serves 2 (125g per serving)

simple to prepare

Squeeze pouch to loosen the rice.

Microwave: Tear a 2cm opening at the top and heat for 90s at 1000W or 2min at 700W. **Hob:** Empty contents into a pan and heat through with a dash of water. Best enjoyed hot, but can be served cold.

a recipe for change

For a fragrant coconut and squash curry, chop onion and garlic and fry over a medium heat. Add chopped butternut squash, mild curry paste, peanut butter and a tin of chopped tomatoes and coconut milk. Serve with fresh coriander and the Mango, Chilli & Lime Rice.



Find more recipes at merchant-gourmet.com

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Substrate: Plastic Finish: Matte N/A Additional info: