

# ORGANIC GOLDEN RICE & LENTILS

Experience the flavours of India with our organic Golden Rice and Lentils. Easy to prepare, this aromatic mix is infused with a rich blend of spices.

#### **GB: ORGANIC RICE AND LENTILS**

Ingredients: Precooked Rice\* (66%), Hulled Red Lentils\* (27%), Curry Spices Blend\* (2.5%) (Turmeric\*, Coriander\*, Caraway Seeds\*, Cloves\*, Sweet Panrika\*, Ginger\*, Cinnamon\*, Mace\*, Nutmeg\*), Carrot\*, Onion\* (1.5%), Salt. \*= Certified Organic Ingredients. Not suitable for soya, sesame or celery allergy

sufferers due to manufacturing methods.

Best before: See side of pack. Storage: Store cool and dry.

## Average Nutritional Values per 100a

Energy	1474kJ/349kcal	
Fat		2.0g
of which sati		0.6g
Carbohydrate		69g
of which sug	ars	2.4g
Fibre		7.0g
Protein		12g
Salt		1.1g



#### Cooking instructions per packet (3 servings):

Add the contents of the bag and 800 - 850 ml of water into a saucepan and bring to a boil over a high heat. Reduce the heat and simmer for 15 minutes, stirring occasionally.







EU/non-EU Agriculture

Made in Italy

### biona.co.uk

Biona, 6a Lower Teddington Rd, Kingston, KT1 4ER, UK Biona, Turfsteker 6, 8433 HT, Haulerwijk, Netherlands

