
Ingredients: Konjac rice (62.5%) (konjac flour, acidity regulators: calcium hydroxide (E526) & citric acid (E330), tapioca syrup, tapioca starch), dates, dried courgettes, coconut flakes, spring onions, mixed dried herbs and spices (sea salt, cardamom, turmeric, cumin, ginger, garlic flakes, coriander seeds, chili)

Cooking Instructions: Mix packet contents with approx. 300ml of water. Cook for 15 minutes in a frying pan on low heat until all the water is absorbed. Cook for another 2 minutes on high heat until crispy. Add some fresh finely chopped parsley for an extra tasty meal.

Nutrition facts	Per 100g (dehydrated)	Serving (370g)	%RI per portion
Energy	997Kj / 238kcal	957Kj / 229kcal	11.4%
Fat	4.17g	4g	5.72%
of which saturates	3.14g	3.02g	15.1%
Carbohydrates	17.6g	16.9g	6.51%
of which sugar	12.2g	11.7g	13.0%
Fiber	53.4g	51.3g	205%
Protein	5.06g	4.86g	9.71%
Salt	1.69g	1.62g	27.1%

Store in a cool, dry place

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