
Dry meal with konjac and dates

Ingredients: Konjac rice (62.5%) (konjac flour, acidity regulators: calcium hydroxide & citric acid, tapioca syrup, tapioca starch), dates (12.5%), dried courgettes, coconut flakes (5%), 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%

Shileo UG (haftungsbeschränkt)

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Store in a cool, dry place