

Fried Rice 200g



Product Specifications

Product Code: 3501  
 Packs per Carton: 24  
 Net Pack Weight: 200 G  
 Net Carton Weight: 4.8 KG  
 GTIN Inner: 9313353021402  
 GTIN Outer: 19313353021409  
 Shelf Life: 2 years  
 Storage Requirements: Below -18°C Frozen  
 Carton Measurements: L395mm x W295mmx H160mm  
 Cartons per Pallet: 1.2m pallet - 72 ctns; 2.4m pallet -144 ctns (12 ctns per layer)

Product Description & Usage

Made with premium BBQ Pork mixed with fresh vegetables, making it a perfect choice on any healthy menu!

Kids will absolutely love Hakka’s delicious Fried Rice, all packed into a convenient 200gm pack (also available in 2kg catering packs). The perfect choice for any healthy school menu.

Ingredients & Allergen information

Steamed Rice (53%), Carrot, Peas, Onion, Ham, BBQ Pork (Pork, Sugar, Water, Hoi Sin Sauce, Soy Sauce, Salt, Mineral Salt (451, 450), Colour (124, 102, 110), Smoke Flavour), Egg, Sugar, Soy Sauce, Chicken Powder, Spices, Sesame Oil, Vegetable Oil, Salt, Smoke Flavour, Flavour Enhancer (635).

Allergen Information: Contains Soybean, Egg, Sesame.

Features & Benefits

- \* Authentic Chinese recipe
- \* Convenient and easy to prepare!
- \* Australian Made
- \* No added MSG
- \* Gluten Free
- \* Healthy Kids approved

Perfect for

- \* Schools & Universities
- \* Racecourses & Fun parks
- \* Petrol & Convenience stores
- \* Lunch vans & Workplace canteens
- \* Takeaways
- \* Cruise ship
- \* Coaches & trains



Cooking Instructions

- 1. Pie Warmer:** Pre-heat pie warmer to 180-200°C & with lid on, heat for 45-60 minutes or until hot.
- 2. Conventional Oven:** Pre-heat oven to 180-200°C. With lid on, place tray into oven and heat for 20-30 minutes or until hot.
- 3. Microwave (900W):** Place frozen Fried Rice on a microwaveable plate or container then heat for 2 minutes on high. Stir through evenly then serve. Results may vary according to cooking equipment used and portion sizes. Please adjust cooking instructions (eg. times and temperatures) as necessary.
- 4. Stirfry:** Thaw fried rice in a chiller. Place fried rice in a wok or fry pan and then stir fry till hot (as a guide this should be 10-15 minutes)

Note: cooking times and temperatures may vary according to appliance used and portion sizes.

Nutritional Information		
Servings Per Pack: 1 Serving Size: 200 g	Average Quantity Per Serving	Average Quantity Per 100g
Energy	1340 kJ (320 Cal)	672 kJ (161 Cal)
Protein	12.5 g	6.3 g
- Gluten	Not detected	Not detected
Fat, Total	3.6 g	1.8 g
- Saturated	0.7 g	0.3 g
Carbohydrates	56.9 g	28.4 g
- Sugars	7.6 g	3.8 g
Sodium	660 mg	330 mg

Note: Nutritional values are based on average figures and on standard production formulation. Actual portion size and nutritional values may vary. Ingredients are subject to seasonal variation