

Fried Rice 200g



Product Specifications

Product Code: 133501A (Old 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 W295mm x 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, Water, Sugar, Hoi Sin Sauce (**Soy, Sesame**), **Soy** Sauce (Preservative (202)), Salt, Mineral Salt (451, 450), Smoke Flavour, Colour (124, 102, 110)], **Egg**, Sugar, **Soy** Sauce, Flavouring Blend [Natural vegetable Flavours, Yeast Extract, Flavour Enhancer (635), Dried Onion], Spices, **Sesame** Oil, Vegetable Oil, Salt, Smoke Flavour, Flavour Enhancer (635).

Contains Soy, Egg, Sesame.

May contain: wheat, gluten, fish, crustacean, molluscs, seafood and sulphites.

Nutritional Information

Servings per pack: 1 Serving Size: 200 g	Avg Qty Per Serving	Avg Qty Per 100g
Energy	1340 kJ (320 Cal)	672 kJ (161 Cal)
Protein, Total	12.5 g	6.3 g
- Gluten	Not Detected	Not Detected
Fat - Total	3.6 g	1.8 g
- Saturated Fat	0.7 g	0.3 g
Carbohydrates - Total	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

Features & Benefits

- * Authentic Chinese recipe
- * Convenient and easy to prepare!
- * Australian Made
- * No added MSG
- * Everyday Classified by NSW Gov Healthy Food Finder

Perfect for

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



Cooking Instructions

Pie Warmer: Pre-heat pie warmer to 180-200°C & with lid on, heat for 45-60 minutes or until hot.

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.

Microwave (900W): Place frozen Fried Rice in microwave and heat for 2 minutes on high. Stir through evenly then serve.

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

Note: This is not a ready to eat product. Ensure fried rice is cooked before consumption