

MUSHROOM RISOTTO WITH PESTO

250 g

HEAT FROM FRESH: Leave plastic film on and heat for 30 minutes at 180C. Remove film, stir and serve.

HEAT FROM FROZEN: Leave plastic film on and heat for 50 minutes at 160C. Remove film stir and serve.

MICROWAVE INSTRUCTIONS: If frozen defrost first then heat for 2-6 minutes on high power depending on the size of your dish.

MAKE SURE YOUR DISH IS THOROUGHLY HEATED, HEATING TIMES MAY VARY DEPENDING ON YOUR OVEN OR MICROWAVE.

Store in the freezer below -18°C

Store in the refrigerator below 4°C

Ingredients: Water, Mushrooms, Arborio Rice, Onion, Grated Cheese (Pasteurised cow's milk, salt, vegetarian rennet, dairycultures, anticaking agent(460, starch), preservative(200)), Cream, Mainland Butter, Wine, Basil Pesto (Basil, Parmesan Cheese (Milk, salt, cultures, enzymes(rennet, lipase), anticaking agent(460), preservative (200)), Cashew Nuts, Pine Nut, Garlic, Salt, Olive Oil), Iodised Salt, Parmesan Cheese (Milk, salt, cultures, enzymes(rennet, lipase), anticaking agent(460), preservative (200)), Garlic, Black Pepper.

Contains: Milk, Tree Nuts

May Contain: Sulphites, Sesame, Gluten (Wheat), Peanuts

NUTRITION INFORMATION

Servings per package: 1

Serving size: 250 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1570 kJ 374 Cal	627 kJ 150 Cal
Protein	10.0 g	4.0 g
Fat, total	17.3 g	6.9 g
- saturated	9.9 g	4.0 g
Carbohydrate	43.7 g	17.5 g
- sugars	2.9 g	1.2 g
Dietary Fibre	3.6 g	1.4 g
Sodium	926 mg	370 mg

MYLK Food Store

95 Ford Road

Made in New Zealand from local ingredients