

4 vegetable spring rolls : a delicious savoury snack to be enjoyed hot or cold / Tesco Stores Ltd.

Contributors

Tesco (Firm)

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INGREDIENTS: Springrolls, Cabbage, Carrot, Vegetable Oil, Wheat Flour, Soy Sauce, Salt, Black Pepper.

NOT SUITABLE FOR MICROWAVE COOKING

SUITABLE FOR HOME FREEZING. Freeze on day of purchase. Use within 3 months.

TO COOK FROM FROZEN: Remove all packaging and place on a baking tray. Cook in a preheated oven, 200°C/400°F Gas Mark 6, for 12-15 minutes.

TO COOK FROM FROZEN: Remove all packaging and place on a baking tray. Cook in a preheated oven 200°C/400°F Gas Mark 6, for 10 minutes.

TO GRILL: Remove all packaging. Place under a preheated medium grill for 4-5 minutes, turning occasionally.

TO DEEP FRY: Remove all packaging. Fry in hot oil at 182°C/359°F for 3-4 minutes. Drain well before serving.

COOKING INSTRUCTIONS

NUTRITION	
Energy	986kJ/236kcal
Protein	3.7 g
Carbohydrate	23.0 g
of which sugars	2.2 g
Fibre	1.1 g
Total fat	10.3 g
of which saturates	1.1 g
Sodium	0.3 g

SUITABLE FOR HOME FREEZING

TESCO
**4 VEGETABLE
 SPRING ROLLS**
 A DELICIOUS SAVOURY SNACK TO
 BE ENJOYED HOT OR COLD



DISPLAY UNTIL | USE BY
 DISPLAY UNTIL | USE BY

280 g e

SERVING SUGGESTION

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**4 VEGETABLE
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