

# BCC Complements/ Side Dishes

## Complements Ingredients List

Serving Size: Family

Each Packet Consists of 5 Serves



Food	Ingredients & Allergens
<b>EASY COOK SCRAMBLED EGG</b>  (Halal/GF)	<p>Just add water and cook for tasty scrambled egg. Gluten free. Halal.</p> <p><b>INGREDIENTS</b> Egg (53%), Cheese (Milk Solids, Salt, Anti-Caking Agent (460), Preservative (200), Cultures, Non-Animal Rennet), Milk Powder (Milk Powder, Emulsifier (322)), Salt, Chives</p> <p><b>ALLERGENS</b> Contains Egg, Milk, Soybeans</p> <p><b>CONTAINS</b> Processed in a facility that also produces products containing Fish, Tree Nuts</p> <p><b>PREPARATION:</b> Add contents to cooking container. Add 625 ml (2½ cups) of cold water. Mix thoroughly. Cook over low heat, stirring occasionally. Per serve, mix 5 tbsp of egg mix with 125 ml (½ cup) of cold water. Serving size 157g (once prepared).</p>
<b>FREEZE DRIED BEEF MINCE</b>  (Halal/GF)	<p>Freeze dried beef mince, ideal with pasta or rice dishes. Gluten free. No added dairy.</p> <p><b>INGREDIENTS</b> Beef (100%), Rosemary Extract</p> <p><b>ALLERGENS</b> NIL</p> <p><b>CONTAINS</b> Processed in a facility that also produces products containing Egg, Fish, Milk, Soybeans, Tree Nuts</p> <p><b>PREPARATION:</b> Add 375 ml (1 1/2 cups) of boiling water. Stir and stand for 10-15 minutes. Beef Mince can be added during preparation of pasta and rice dishes by including an additional 1/2 cup of water for each cup of Freeze Dried Beef Mince</p>

<b>FREEZE DRIED CHICKEN DICES</b>  (Halal/GF)	<p>Freeze dried chicken dices, ideal with pasta or rice dishes. Gluten free. No added dairy. Halal.</p> <p><b>INGREDIENTS</b> Chicken (96%), Soy Protein Concentrate, Salt, Mineral Salt (451, 450), Rosemary Extract</p> <p><b>ALLERGENS</b> Contains Soybeans</p> <p><b>CONTAINS</b> Processed in a facility that also produces products containing Crustacea, Egg, Fish, Milk, Tree Nuts, Sesame Seeds</p> <p><b>PREPARATION:</b> Add 250 ml (1 cup) of boiling water. Stir and stand for 10-15 minutes. Once rehydrated chicken dices can be added during preparation of pasta and rice dishes.</p>
<b>INSTANT MASHED POTATO</b>  (Vegetarian/ Halal/GF)	<p>Just add boiling water for creamy mashed potato. Gluten free. Vegetarian. Halal.</p> <p><b>INGREDIENTS</b> Potato Flakes (76%) (Potato, Emulsifier (471), Preservative (330), Antioxidant (223)), Milk Powder (Milk Powder, Emulsifier (322)), Canola Oil (Canola Oil, Antioxidant (319), Antifoaming Agent (900A)), Salt, Sugar, Chives</p> <p><b>ALLERGENS</b> Contains Milk, Soybeans, Sulphites</p> <p><b>CONTAINS</b> Processed in a facility that also produces products containing Egg, Fish, Tree Nuts</p> <p><b>PREPARATION:</b> Add contents to appropriate container. Add 688 ml (2¾ cups) of boiling water. Stir and stand for 10-15 minutes. Serving size 169.5g (once prepared)</p>
<b>INSTANT MIXED VEGETABLES</b>  (Vegan/Vegetarian/ Halal/GF)	<p>Just add boiling water for a mix of peas, carrots and corn. Gluten free. No added dairy. Vegetarian. Vegan. Halal.</p> <p><b>INGREDIENTS</b> Peas (33%) (Peas, Acidity Regulator (331, 500)), Corn (33%), Carrot (33%) (Carrot, Sugar, Acidity Regulator (500))</p> <p><b>ALLERGENS</b> Contains Milk, Soybeans</p> <p><b>CONTAINS</b> Processed in a facility that also produces products containing Egg, Fish, Milk, Soybeans, Tree Nuts</p> <p><b>PREPARATION:</b> Add contents to appropriate container. Add 375 ml (1½ cups) of boiling water. Stir and stand for 10-15 minutes. Vegetables can be added during preparation of other dishes by including ½ cup of water per cup of vegetables. Serving size 93g (once prepared)</p>

<p><b>INSTANT RICE</b></p> <p>(Vegan/Halal/GF)</p>	<p>Just add boiling water for perfectly cooked white rice. Gluten free. No added dairy. Vegetarian. Vegan. Halal.</p> <p><b>INGREDIENTS</b> White Rice (100%)</p> <p><b>ALLERGENS</b> NIL</p> <p><b>CONTAINS</b> Processed in a facility that also produces products containing Egg, Fish, Milk, Soybeans, Tree Nuts</p> <p><b>PREPARATION:</b> Add contents to appropriate container. Add 375 ml (1½ cups) boiling water. Stir and stand for 10-15 minutes. Rice can be added during preparation of other dishes by including an extra ½ cup of water for each cup of rice. Serving size 107g (once prepared)</p>
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