

# Back Country Cuisine

## 60 Serves

(30 Packs)

Meals & Ingredient List

Each Packet Consists of 2 Serves



Food	Ingredients & Allergens
<b>Beef Straganoff</b> (Gluten Free)	<p>The russian classic with freeze dried beef and mushrooms in a creamy sauce, served with rice. Gluten Free.</p> <p><b>INGREDIENTS</b> WHITE RICE, SAUCE (WHEY POWDER, THICKENER (1442), MALTODEXTRIN, SALT, FLAVOURS (FLAVOUR ENHANCERS (627, 631, 635)), CREAM POWDER, MUSHROOM, SUGAR, HYDROLYSED VEGETABLE PROTEIN, YEAST, CANOLA OIL, VEGETABLES, SPICES, ACIDITY REGULATOR (330)), BEEF DICES (20%) (BEEF, SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), ONION, MUSHROOM (4%), CORN</p> <p><b>ALLERGENS</b> CONTAINS: MILK, SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, TREE NUTS, SESAME SEEDS</p>
<b>Beef Teriyaki</b> (Gluten Free)	<p>Eastern style dish of freeze dried beef, rice and vegetables in a soy flavoured sauce. Gluten Free.</p> <p><b>INGREDIENTS</b> WHITE RICE, SAUCE (SUGAR, MALTODEXTRIN, THICKENER (1442), HYDROLYSED VEGETABLE PROTEIN, YEAST EXTRACT, COLOUR (150D), SPICES, ACIDITY REGULATOR (330), SOY SAUCE, VEGETABLES, FLAVOUR), BEEF DICES (27%) (BEEF, SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), ONION, RED PEPPER, GREEN BEANS (CONTAINS ACIDITY REGULATOR (331, 500))</p> <p><b>ALLERGENS</b> CONTAINS: SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, MILK, TREE NUTS, SESAME SEEDS</p>
<b>Chicken Tikka Masala</b> (Gluten Free)	<p>Popular Indian dish with freeze dried tikka chicken and almonds in a spicy sauce served with rice. Gluten Free.</p> <p><b>INGREDIENTS</b> WHITE RICE, SAUCE (THICKENER (1442), SUGAR, MALTODEXTRIN, VEGETABLES, SALT, SPICES, HYDROLYSED VEGETABLE PROTEIN, YEAST, FLAVOURS, CANOLA OIL, ACIDITY REGULATORS (296, 330), COLOUR (160C)), CHICKEN DICES (24%) (CHICKEN, SEASONING (CONTAINS FOOD ACID (260, 330, 270), COLOURS (160C, 120)), SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), ALMONDS, ONION, GREEN PEPPER</p> <p><b>ALLERGENS</b> CONTAINS SOYBEANS, TREE NUTS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, MILK, PEANUTS, SESAME SEEDS</p>
<b>Classic Beef Curry</b> (Gluten Free)	<p>A heart-warming mix of freeze dried beef, curry sauce, rice and vegetables. Gluten Free.</p> <p><b>INGREDIENTS</b> WHITE RICE, SAUCE (MALTODEXTRIN, THICKENER (1442), BROWN SUGAR, HYDROLYSED VEGETABLE PROTEINS, VEGETABLES, COLOURS (150D, 100), HERBS &amp; SPICES, SALT, FLAVOUR), BEEF DICES (20%) (BEEF, SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), PEAS (PEAS, ACIDITY REGULATOR (331, 500)), ONION, RED PEPPER</p> <p><b>ALLERGENS</b> CONTAINS: SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, MILK, TREE NUTS, SESAME SEEDS</p>

<p><b>Cottage Pie</b> (Gluten Free)</p>	<p>A satisfying mix of freeze dried savoury mince and vegetables with a potato topping. Gluten Free.</p> <p><b>INGREDIENTS</b> MASHED POTATO (33%) (POTATO FLAKES (POTATO, EMULSIFIER (471), PRESERVATIVE (330), ANTIOXIDANT (223)), MILK POWDER (CONTAINS EMULSIFIER (322)), CANOLA OIL (CONTAINS ANTIOXIDANT (319), ANTIFOAMING AGENT (900A)), SALT, SUGAR, CHIVES), BEEF MINCE (25%) (BEEF, ROSEMARY EXTRACT), SAUCE (SUGAR, THICKENER (1442), VEGETABLES,</p>
<p><b>Honey Soy Chicken</b> (Gluten Free)</p>	<p>A combination of rice, freeze dried chicken, vegetables and honey flavour. Gluten Free.</p> <p><b>INGREDIENTS</b> WHITE RICE, SAUCE (SUGAR, THICKENER (1442), MALTODEXTRIN, HYDROLYSED VEGETABLE PROTEIN, BROWN SUGAR, VEGETABLES, HONEY 1.2%, COLOUR (150D)), CHICKEN DICES (20%) (CHICKEN, SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), ONION, RED PEPPER, CARROT (CONTAINS ACIDITY REGULATOR (500)), PEAS (CONTAINS ACIDITY REGULATOR (331, 500)), GREEN BEANS (CONTAINS ACIDITY REGULATOR (331, 500))</p> <p><b>ALLERGENS</b> CONTAINS SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, MILK, TREE NUTS, SESAME SEEDS</p>
<p><b>Mexican Chicken</b> (Gluten Free)</p>	<p>Freeze dried chicken, kidney beans and corn in a hot chilli sauce with corn chips on the side. Gluten Free.</p> <p><b>INGREDIENTS</b> SAUCE (MALTODEXTRIN, THICKENER (1442), VEGETABLES, HYDROLYSED VEGETABLE PROTEIN, HERBS &amp; SPICES, DEXTROSE, ACIDITY REGULATOR (330), CANOLA OIL), CORN CHIPS (CORN, VEGETABLE OIL (ANTIOXIDANT (319)), MINERAL SALT (529)), CHICKEN DICES (20%) (CHICKEN, SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), KIDNEY BEANS, ONION, GREEN PEPPER, CORN</p> <p><b>ALLERGENS</b> CONTAINS SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, MILK, TREE NUTS, SESAME SEEDS</p>
<p><b>Nasi Goreng</b> (Gluten Free)</p>	<p>A tasty blend of brown rice, pumpkin seeds, vegetables and egg in a mild asian sauce. Gluten Free.</p> <p><b>INGREDIENTS</b> BROWN RICE, SAUCE (MALTODEXTRIN, THICKENER (1422), SUGAR, SOY SAUCE (SOY BEAN, RICE, SALT, MALTODEXTRIN, RICE BRAN OIL), FLAVOURS, SALT, VEGETABLES, HYDROLYSED VEGETABLE PROTEIN, SPICES, COLOURS (150D, 160C), YEAST EXTRACT), PUMPKIN SEEDS, EGG DICES (9%) (EGG, MILK POWDER (CONTAINS EMULSIFIER (322)), THICKENER (1442), SALT), ONION, RED PEPPER, CARROT (CONTAINS ACIDITY REGULATOR (500)), PEAS (CONTAINS ACIDITY REGULATOR (331, 500))</p> <p><b>ALLERGENS</b> CONTAINS EGG, MILK, SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, FISH, TREE NUTS, SESAME SEEDS</p>

<p><b>Roast Lamb and Vegetables</b> (Gluten Free)</p>	<p>Freeze dried lamb and mint gravy with vegetables and creamy mashed potato. Gluten Free.</p> <p><b>INGREDIENTS</b> MASHED POTATO (POTATO FLAKES (POTATO, EMULSIFIER (471), PRESERVATIVE (330), ANTIOXIDANT (223)), MILK POWDER (CONTAINS EMULSIFIER (322)), CANOLA OIL (CONTAINS ANTIOXIDANT (319), ANTIFOAMING AGENT (900A)), SALT, SUGAR, CHIVES), LAMB DICES (25%) (LAMB, SOY PROTEIN CONCENTRATE, SALT, BROWN SUGAR, MINERAL SALT (451, 450), CORIANDER, MINT, PEPPER, ROSEMARY EXTRACT), SAUCE (MALTODEXTRIN, SUGAR, THICKENER (1442), MILK SOLIDS, VEGETABLES, HYDROLYSED VEGETABLE PROTEIN, HERBS &amp; SPICES, YEAST EXTRACT), CORN, PEAS (PEAS, ACIDITY REGULATOR (331, 500)), CARROT (CONTAINS ACIDITY REGULATOR (500)), PUMPKIN</p> <p><b>ALLERGENS</b> CONTAINS MILK, SOYBEANS, SULPHITES. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, TREE NUTS, SESAME SEEDS</p>
<p><b>Thai Chicken Curry</b> (Gluten Free)</p>	<p>The distinctive thai taste of coconut milk and curry with freeze dried chicken, green beans, rice and cashew nuts. Gluten Free.</p> <p><b>INGREDIENTS</b> WHITE RICE, SAUCE (SUGAR, THICKENER (1442), RICE FLOUR, BROWN SUGAR, MALTODEXTRIN, HERBS &amp; SPICES, COCONUT MILK (COCONUT MILK, MALTODEXTRIN, MILK PROTEIN), STARCH, VEGETABLES, SALT, HYDROLYSED VEGETABLE PROTEIN, COLOUR (150A), FLAVOURS, ACIDITY REGULATOR (330), YEAST EXTRACT), CHICKEN DICES (20%) (CHICKEN, SOY PROTEIN CONCENTRATE, SALT, MINERAL SALT (451, 450), ROSEMARY EXTRACT), CASHEW NUTS, ONION, GREEN PEPPER, GREEN BEANS (CONTAINS ACIDITY REGULATOR (331, 500))</p> <p><b>ALLERGENS</b> CONTAINS MILK, SOYBEANS, TREE NUTS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, EGG, FISH, SESAME SEEDS</p>
<p><b>Vegetarian Stir-fry</b> (Gluten Free) (Vegetarian)</p>	<p>An appetising vegetable medley infused with honey flavours served with rice noodles. Gluten Free.</p> <p><b>INGREDIENTS</b> RICE NOODLES (RICE FLOUR), SAUCE (SUGAR, THICKENER (1442), MALTODEXTRIN, HYDROLYSED VEGETABLE PROTEIN, BROWN SUGAR, VEGETABLES, HONEY 1.2%, COLOUR (150D)), EGG DICES (9%) (EGG, MILK POWDER (CONTAINS EMULSIFIER (322)), THICKENER (1442), SALT), ONION, RED PEPPER, CARROT (CONTAINS ACIDITY REGULATOR (500)), CORN, GREEN BEANS (CONTAINS ACIDITY REGULATOR (331, 500))</p> <p><b>ALLERGENS</b> CONTAINS EGG, MILK, SOYBEANS. PROCESSED IN A FACILITY THAT ALSO PRODUCES PRODUCTS CONTAINING CRUSTACEA, FISH, TREE NUTS, SESAME SEEDS</p>