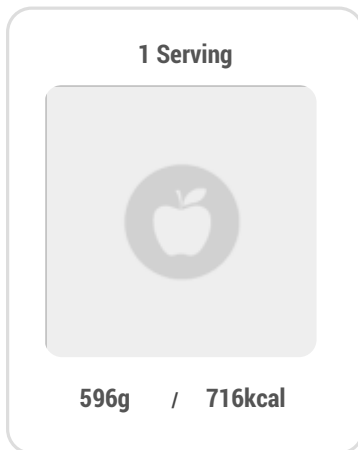


Recipe Ingredients ...	Quantity:	Description:
Rice, brown, wholegrain, boiled in unsalted water	210g	2.6x Small portion
Asda Mixed Bean Salad in Water 290g	30g	0.3x (hob-heated and drained) Per 1/2
Sweetcorn kernels, canned in water, drained	30g	
Lettuce, Iceberg, raw	30g	1.3x Average Portion
Charleville Freshly Grated Select Red Cheddar 200g	30g	1.5x Each 20g serving contains
Guacamole, homemade	30g	0.9x tablespoon
Peppers, capsicum, red, raw	30g	2.5x ring slice
Carrots, old, raw	30g	1x baby carrot
Salsa, retail	15g	0.5x tablespoon
Coriander, fresh, raw	1.3g	1x commercial or homemade sandwich
Santa Maria Tex Mex Chipotle Paste 750g	15g	0x Per pack
Habanero Hot Sauce (Cool Chile)	15g	0.5x tablespoon
Sour cream	30g	1x Average Portion
Sweet potato, boiled in unsalted water, flesh only	100g	0.7x small 5

Portions / Pack Sizes ...



Ingredient List (QUID) ...

Brown rice (35.2%), Sweet potatoes (16.8%), Charleville Freshly Grated Select Red Cheddar 200g (5%) [**Cheese** made from Pasteurised Cows' **Milk**, Colour: Annatto, Anti-Caking Agent: Potato Starch], Iceberg lettuce (5%), Sweetcorn (5%), Carrots (5%), Sour cream (5%) (**Milk**), Asda Mixed Bean Salad in Water 290g (5%) [Mixed Beans (43%) [Red Kidney Beans, Black Eyed Beans, Green Beans, Borlotti Beans, Haricot Beans], Water, Sweetcorn, Red Peppers, Chickpeas], Red peppers (5%), Guacamole (5%) (**Milk**), Santa Maria Tex Mex Chipotle Paste 750g (2.5%) [Chipotle Chilli (34%), Fresh Onion, Tomato Puru00e9e, Vinegar, Fresh Garlic, Salt, Coriander], Salsa (2.5%), Habanero Hot Sauce (2.5%), Coriander (0.22%)