

CHEFS WAY Catalogue



73100

MUSHROOM RISOTTO

Hand made by a qualified 5-star chef, using the finest ingredients Tasmania has to offer. You will taste the difference!! A true Italian style risotto made with porcini mushrooms for authentic flavour. Vegetarian and Gluten Free. Ingredients: rice 45%, mushroom 15%, white wine, onion, garlic, rice flour, yeast extract, onion & celery powders, herbs, sugar, salt, pepper, canola oil. Allergens: sulphites (in wine), milk and soy products. Water Requirement: 700ml (2.8 cups) Boiling Time: 10 mins Serve Size: 200gm dry/700gm cooked.



73101

TOMATO BOWTIE PASTA

Hand made by a qualified 5-star chef, using the finest ingredients Tasmania has to offer. You will taste the difference!! A rustic pasta dish garnished with the full flavours of garden vegetables and vine ripened tomatoes, it tastes so good you won't believe it's healthy. Vegetarian. Ingredients: Pasta (durum wheat semolina) 23%, tomatoes 27%, mixed garden vegetables 21%, white wine, herbs, salt, papper, canola oil Allergens: sulphites (in wine), milk and soy products. Water Requirement: 700ml (2.8 cups) Boiling Time: 10 mins Serve Size: 200gm dry/700gm cooked.



73102

SPAGHETTI BOLOGNAISE

Hand made by a qualified 5-star chef, using the finest ingredients Tasmania has to offer. You will taste the difference!! This rich, full-flavoured bolognese contain no TVP or HVP, and tastes better than what you buy at most restaurants; just add your own parmesan and you're in pasta heaven. Ingredients: Pasta (durum wheat semolina) 32%, beef 24%, tomatoes, red wine, onion, celery, carrot, garlic, herbs, salt, pepper, canola oil. Allergens: milk products, egg products and sulphites(all from wine). Water Requirement: 700ml (2.8 cups) Boiling Time: 10 mins Serve Size: 200gm dry/700gm cooked.



73103

BEEF CURRY & BASAMATI RICE

Hand made by a qualified 5-star chef, using the finest ingredients Tasmania has to offer. You will taste the difference!! This classic curry features the smooth taste of South Asian spices with just the right amount of spice, and is served with traditional fragrant Basmati rice. Just like being in Mumbai but without the crowds! Gluten and preservative free. Ingredients: Basmati rice 36%, potato, beef 27%, onion, garlic, curry powder, coconut milk powder (mineral salt 339), ginger, canola oil, salt. Allergens: Soy and milk products. Water Requirement: 700ml (2.8 cups) Boiling Time: 10 mins Serve Size: 200gm dry/700gm cooked.



73104

LAMB & COUS COUS

Hand made by a qualified 5-star chef, using the finest ingredients Tasmania has to offer. You will taste the difference!! This exotic lamb dish has subtle herbs and the freshness of mint to have your belly dancing with delight! Preservative Free. Ingredients: Cous-cous (durum wheat semolina) 25%, lamb 22%, mixed vegetables 52%, yogurt, onion, garlic, ginger, spices, herbs, salt, pepper, canola oil. Allergens: milk and soy products. Water Requirement: 700ml (2.8 cups) Boiling Time: 10 mins Serve Size: 200gm dry/700gm cooked.



73105

SAUCY BEEF

Hand made by a qualified 5-star chef, using the finest ingredients Tasmania has to offer. You will taste the difference!! Tasmanian beef minced to melt in your mouth together with tomatoes, red wine and mirepoix, either eat it on its own or mix with pasta, rice, cous cous, mash, or crusty bread rolls. Hungry, anyone?! Preservative and Gluten free. Ingredients: Tomato 36.7%, beef 28.4%, red wine 15%, onion 6%, celery 6%, carrot 6%, garlic 1.7%, herbs, salt, pepper, oil. Allergens: milk, egg and sulphites (from wine), may contain soy products. Water Requirement: 300ml (1.2 cups) Boiling Time: 10 mins Serve Size: 100gm dry/350gm cooked.

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73106

LAMB & WINTER VEGETABLES

Hand made by a qualified 5-star chef, using the finest ingredients Tasmania has to offer. You will taste the difference!! A rich meal of pan-fried lamb and vegetables combined with the exotic taste of the Middle East, either eat it on its own or mix with pasta, rice, cous cous, mash, or crusty bread rolls. Truly mouth-watering! Preservative and Gluten free. Ingredients: Lamb 33.2%, pumpkin 35.5%, yoghurt 16.6%, onion 8.3%, capsicum 5.5%, garlic, ginger, mixed spices, salt, pepper, oil. Allergens: milk, may contain soy products. Water Requirement: 300ml (1.2 cups) Boiling Time: 10 mins Serve Size: 100gm dry/350gm cooked.



73107

PASTA WITH CHIVES & CREAM

Hand made by a qualified 5-star chef, using the finest ingredients Tasmania has to offer. You will taste the difference!! Macaroni pasta with sauteed leek and mushrooms finished in a white wine cream sauce. Vegetarian; preservative free. Ingredients: Pasta (durum wheat semolina) 27.8%, leek 15.3%, fresh cream 10.6%, white wine 10.6%, onions 7.4%, mushrooms 5.5%, garlic 1.2%, vegetable stock, salt, pepper, oil. Allergens: soy, milk, sulphites (in wine) and gluten. Water Requirement: 700ml (2.8 cups) Boiling Time: 10 mins Serve Size: 200gm dry/700gm cooked.

Larger images can be viewed and printed from our website www.rucsac.com.au .Thankyou for your interest in our products! We hope to see you soon in the great outdoors!