

Components

Ingredients

Venison (66%)

Pork (14%)

Water

Pea Flour

Sea Salt

Cracked Black Pepper

Onion Powder

Rice Flour

Yeast Extract

Preservative: Sodium **Metabisulphite**

Allergen Tag Text

Allergy Advice: See ingredients in **bold**

Nutrition

	Per 100g
Energy	520kJ 124kcal
Fat	3.9g
of which Saturates	1.7g
Carbohydrate	4.0g
of which Sugars	0.7g
Protein	17g
Salt	0.4g

Calculated Nutrition

	per 100g
Energy (kJ)	520
Energy (kcal)	124
Fat (g)	3.9
of which saturates (g)	1.7
Carbohydrate (g)	4
of which sugars (g)	0.7
Protein (g)	17
Salt (g)	0.4

Front of Pack Nutrition

Per Portion

Per burger as sold (100g)

Energy	Fat	Saturates	Sugars	Salt
520kJ 124kcal	3.9g	1.7g	0.7g	0.4g

Typical Values per 100g: Energy 520kJ/124kCal

Product Description

Brand

Scottish Slimmers

Features

Only 5 checks 124 kcal per burger
With pork & lightly seasoned
With sea salt and cracked black pepper

Standardised Brand

Brand - Scottish Slimmers

Regulated Product Name

Venison Burgers

Marketing

Company Name

Highland Retail

Company Address

Baird Avenue,
Dundee,
DD2 3TN.

Health & Lifestyle

Allergy Advice

Sulphur Dioxide/Sulphites - Contains

Storage & Usage

Cooking Guidelines

Cooking Instructions - General

Cook from chilled. Remove all packaging. Spray the burgers with a little sunflower oil. Ensure product is cooked thoroughly and there is no pink meat visible. All appliances vary, these are guidelines only. Not suitable for microwave cooking.

Oven cook - From Chilled

Preheat the oven to 180C/350F/Gas Mark 4, place on a baking tray and cook for 14-16 minutes or until cooked through.

Grill - From Chilled

Preheat the grill to moderate, then cook for 6-7 minutes per side or until cooked through.

Shallow Fry - From Chilled

Heat a heavy frying pan or griddle pan over a moderate heat for 1 minute. Fry the burgers for 2 1/2 - 3 1/2 minutes per side, turning once or until cooked through. Loosely cover with kitchen foil and allow burgers to rest for 5 minutes before serving for maximum tenderness.

Storage and Usage Statements

- Cannot be Microwaved
- Keep Refrigerated

Storage Type

Type

Chilled

Storage

Keep refrigerated. Once opened, keep refrigerated and use within 2 days. Do not exceed the use by date. If freezing, freeze on the day of purchase and refer to appliance manufacturer's advice for storage time. Defrost thoroughly in fridge and use within 24 hours. Once thawed, do not re-freeze.

Recipes

Recipe Suggestion

Venison Burger with Mango, Green Pepper and Lime Salsa (serves 4)

Cook 4 burgers according to the cooking guidelines. While they are cooking, make the salsa. Halve 1 large ripe mango by slicing off the sides close to the stone. Peel off the skin with a potato peeler and cut into small dice. Mix with 1/2 finely chopped red onion, 1 green pepper, halved seeded and finely diced, 1/2 small fresh red chilli, halved seeded and very finely chopped and 3 tablespoons chopped fresh coriander. Mix the finely grated zest and juice of 1 lime, 2 tablespoons rapeseed oil and season to taste with salt and freshly ground black pepper. Lightly toast four burger thins. Pile some baby kale (or other salad leaf) on each thin base, top with a burger and spoon a generous amount of salsa on top.

Maxine Clark
Food Writer

Scottish Slimmers Burger with Mango, Green pepper and Lime Salsa per serving (167g): 13 checks, 13g fat