

# Out Land Dish Venison Stir Fry 250g

**EAN**

5060120622174

**Target market(s)**

GB, IE

## Components

**Ingredients**

Venison 70%

Sticky Asia Style Sauce 30% (Sugar, Light Soy Sauce (Soy Sauce (Water, Soybeans, Wheat, Salt), Water, Sugar, Salt), Water, Sake, Mirin (Rice Wine, Glucose Syrup, Water), Red Chilli, Rapeseed Oil, Ginger Puree, Spirit Vinegar, Waxy Maize Starch, Roast Garlic Puree, Lemon Juice, Salt, Star Anise, Smoked Sea Salt)

**Allergen Tag Text**

Allergy advice: see ingredients in bold

**Nutrition**

	Per 100g Venison	Per 100g Sauce	Per 100g Venison with sauce
Energy	427kJ 101kcal	865kJ 207kcal	558kJ 133kcal
Fat	1.7g	5.1g	2.7g
of which saturates	1.0g	0.4g	0.8g
Carbohydrates	0.1g	36g	11g
of which sugars	0.1g	32g	9.6g
Protein	21g	0.8g	15g
Salt	0.2g	3.1g	1.0g

**Calculated Nutrition**

	per 100g	Per 100g Sauce	Per 100g Venison with sauce
Energy (kJ)	427	865	558
Energy (kcal)	101	207	133
Fat (g)	1.7	5.1	2.7
of which saturates (g)	1	0.4	0.8
Carbohydrate (g)	0.1	36	11
of which sugars (g)	0.1	32	9.6
Protein (g)	21	0.8	15
Salt (g)	0.2	3.1	1

**Front of Pack Nutrition**

**Per Portion**

Per 1/2 pack serving (125g) as sold

Energy 698kJ 166kcal	Fat 3.4g	Saturates 1.0g	Sugars 12g	Salt 1.3g
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Typical values per 100g: Energy 558kJ/133kcal

## Product Description

### Brand

Out Land Dish

### Standardised Brand

Brand - Out Land Dish

### Box Contents

Venison 175g  
Sachet of Sauce 75g

### Regulated Product Name

Venison Stir Fry with Sticky Asian Style Sauce

## Marketing

### Company Name

Highland Retail

### Company Address

Dundee,  
DD2 3TN.

### Product Marketing

Delicious tender strips of lean venison complete with a sachet of our sticky Asian style sauce

Food with vision

"We go to remarkable and intrepid lengths to bring you food that's exciting, inventive and of the highest levels of quality and flavour. Relish the adventure."

## Health & Lifestyle

### Allergy Advice

Soya - Contains  
Wheat - Contains

## Storage & Usage

### Cooking Guidelines

Stir Fry - From Chilled

Hob: about 15 mins

Serves 2/3

Remove all packaging and sachet of sauce. Pat venison dry with kitchen paper.

Heat a wok or deep pan until smoking hot. Add 1 tablespoon vegetable oil. Add the venison and stir-fry briskly for about 1 minute until browned. Remove to a plate with a slotted spoon. Reheat the wok until very hot, add a tablespoon vegetable oil and add 250g mixed stir-fry vegetables. Stir-fry briskly for 3 mins then add 3 tablespoons water, cover and cook for 3 mins. Uncover, snip open the sachet of sauce and pour into the vegetables. Add the cooked venison and stir-fry over a high heat for 2-3 mins or until the venison is hot and glossy with sauce. Serve immediately.

Check food is piping hot. Do not reheat once cooked.

All appliances vary, these are guidelines only.

Not suitable for microwave cooking.

### Storage and Usage Statements

- Suitable for Home Freezing
- 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, use within 24 hours. Once thawed do not re-freeze.