



## Marathon Classic Spring Rolls 2kg

The Marathon “Spring Roll” has long been an Aussie favourite bought from the local takeaway shop. The recipe has stood the test of time, 55 years on, still made today with the same key ingredients, good Australian produce including farm fresh local cabbage and Aussie meat. Quality we have grown to expect.

- ✔ 100% Australian Meat
- ✔ No Artificial Preservatives or Colours
- ✔ Farm Fresh Local Veggies

+

INGREDIENTS

Vegetables (45%) [Cabbage, Onion], Water, **Wheat** Flour, Mutton or Beef, **Wheat** Starch, Animal Fat, Salt, Sugar, Onion Powder, Flavour Enhancer (621), Celery Powder, Spices, Natural Colours (Crocin, Crocetin).

Please note: Animal Fat refers to the Tallow the spring rolls are par-fried in.

+

NUTRITIONAL INFORMATION

Servings Per Package: 12 • Serving Size: 1 Spring Roll (167g)			
Avg Quantity	Per Serve	% Daily Intake	Per 100g
Energy	1054kJ (252Cal)	12%	631kJ (151Cal)

Servings Per Package: 12 • Serving Size: 1 Spring Roll (167g)			
Protein	7.0g	14%	4.2g
Fat, Total	7.7g	11%	4.6g
– Saturated	4.3g	18%	2.6g
Carbohydrate	36.6g	12%	21.9g
– Sugars	5.9g	7%	3.5g
Dietary Fibre	3.8g	13%	2.3g
Sodium	1086mg	47%	650mg
<i>Note: All values are considered averages unless otherwise indicated and relate to unprepared product. % Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.</i>			

**+ ALLERGENS**

Gluten (Wheat), Celery

**+ COOKING INSTRUCTIONS**

**Thawing:** Place Spring Rolls in the refrigerator overnight.

**Deep Fry:** First allow Spring Rolls to thaw. Deep fry in oil at 190°C for 5 minutes or until golden brown. Remove Spring Rolls and place on absorbent material and let stand for 2 minutes before serving.

**Shallow Fry:** Place thawed Spring Rolls in a greased hot frying pan, turn constantly until golden brown. Remove Spring Rolls and place on absorbent material and let stand for 2 minutes before serving.

**Oven Bake:** Place thawed Spring Rolls in a shallow baking tray and place in the top of the preheated oven 200°C for approximately 12-15 minutes.

**Temperature Variation:** Cooking times are a guide only and may vary according to power, age and condition of appliances used. Take care when handling heated product.

**+ STORAGE**

Keep frozen below -18°C.

Do not refreeze thawed or cooked product.

If thawed, refrigerate and use within 24 hours.

**+ COUNTRY OF ORIGIN**

Made in Australia from at least 99% Australian Ingredients

**Foodservice Products**



