

KEEP REFRIGERATED



DO NOT EAT RAW NOODLES

EXCEPTIONALLY CURIOUS NOODLES. That's what the Noodlers at Dumpling & Strand seek in every batch of our fresh-made noodles (never dried, always fresh!). Masters at creating noodles with a heavenly taste and toothsome bite, these Minnesota Noodlers focus on *curious grains*, *curious shapes* and *curious techniques*—thus forever changing the role of noodles on your plate.

WILD RICE “MINNESOBA”: Although these long, square wheat-based strands evoke the qualities of an Asian noodle, this one is buckwheat free and distinctly Minnesotan. Featuring the smoky and cacao-like undertones of wild rice, this novel noodle delights asian influenced dishes or as you would as you would with any wild rice dishes: cream sauces, roast poultry, or serve cold as a salad with nuts, cranberries, and a light vinaigrette. And unlike wild rice with its long cook times, this noodle boils in two minutes!

Visit DUMPLINGANDSTRAND.COM for more pairing ideas and recipes. *Always share with friends or family!*

COOKING INSTRUCTIONS:

FROM REFRIGERATOR:*

- 1) Put 4 qts of water and 3 tsps of salt into a large pot.
- 2) Bring to a vigorous **ROLLING BOIL**.
- 3) Gently loosen noodle bundle and place into the boiling water for **2 MINUTES**.
- 4) Drain. Immediately add oil, sauce or finish in pan.

* IF FROZEN: thaw in refrigerator overnight for best results.

INGREDIENTS: DURUM SEMOLINA (DURUM WHEAT, NIACIN, IRON, THIAMIN, RIBOFLAVIN, FOLIC ACID), STONE GROUND WHOLEGRAIN WILD RICE, VITAL WHEAT GLUTEN, MALT, SEA SALT, GLUCONO DELTA LACTONE (A NATURAL ACIDIFIER FOUND IN HONEY AND WINE).

CONTAINS WHEAT INGREDIENTS. MADE IN A FACILITY WHERE EGGS AND TREE NUTS ARE USED.

Nutrition Facts

Serving Size 3 oz (85g)
Servings Per Container 3

Amount Per Serving

Calories 260

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 44g	15%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 10g	20%

*Percent Daily Values are based on a 2,000 calorie diet.



LOT: WRMNS17

USE OR FREEZE BY THE DATE ON THIS PACKAGE