

Fruit Blends



Creamy White Stilton® with Mango & Ginger

A mild White Stilton® cheese base with the addition of refreshing mango and spicy ginger.

NUTRITIONAL FACTS

Typical values per 28g			
Energy kCal	100	Sugars	6g
Protein	4	Fiber - Less than 1g	
Fat	6	Sodium	150
Saturated	4	Cholesterol	20
Carbohydrates	7g	Not a significant source of Trans fat	

INGREDIENTS

White Stilton®, Sweetened Dried Mango (1.7%) [Mango, Sugar, (Preservatives: Citric Acid, Sulphur Dioxide)], Crystallised Ginger (10%) [Ginger, Sugar, Preservative: Citric Acid]
CONTAINS SULPHITES. CHEESE SUITABLE FOR VEGETARIANS



Why not try...



Also in Fruit Blends...

- Wensleydale & Cranberry
- Creamy White Stilton® with...
 - Apricot
 - Blueberries
 - Cranberries
 - Lemon Peel
 - Pear & Apple
 - Strawberry & Peach

Chilli Prawn Linguine

Ingredients

- 5oz linguine
- 4oz sugar snap peas
- 3oz crumbled White Stilton® with Mango & Ginger
- 1 tbsp olive oil
- 1 garlic clove, finely chopped
- 1 fresh red chilli, seeded and finely chopped
- 8 cherry tomatoes, halved
- 1 small bag of frozen cooked prawns – defrosted according to packet instructions.
- Fresh parsley chopped

For the lime dressing

- 2 tbsp fat free fromage frais
- Grated zest and juice of 2 limes
- 2 tsp golden caster sugar

Method

- Mix the dressing ingredients in a small bowl, season and set aside.
- Cook the pasta according to the packet instructions. Add the sugar snap peas for the last minute or so of the cooking time.
- Meanwhile, heat the oil in a wok or large frying pan, toss in the garlic and chilli and cook over a gentle heat for about 30 seconds. Add in the prawns and cook over a high heat, stirring frequently, for about 3 minutes, then add in the tomatoes and cook until they start to soften.
- Drain the pasta and toss in the prawn mixture, sprinkle in the crumbled cheese and add the chopped parsley, stir through and season if required.

Wine pairings

- Chenin Blanc or Sauvignon Blanc



Additional Ideas From

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