



INFO

Made from couscous and tasty grilled vegetables. Lightly seasoned with aromatic coriander.

INGREDIENTS

COUSCOUS (DURUM WHEAT product) 30 %, drinking water, grilled bell pepper 22,8 %, fried onions 4,5 % (onions, sunflower oil), broccoli 2,7 %, rapeseed oil, parsley, table salt, coriander 0.4 %, spices, rice flour, potato starch, herbs, sugar.

Contents

- (🔊 No hardened fats
- (A) No preservatives
- (No artificial colouring
- (🗶) No natural colouring
- 🚯 lactose-free
- (💍) Vegetarian
- 🔊 Vegan

Couscous and Vegetable Tartlet

WEIGHT PER UNIT APPROX. 125 G



Packaging

ARTNO.	8170
PER CARTON	4 x 1.25 kg (Bag)
CARTONS PER PAL./LAYER	99/9
EAN INDIV. PACKAGE	4006934 817000
EAN OUTER PACKAGE	4006934 817017
MDD	18 months

Nutrition

ENERGY	669 kJ / 159 kcal	PROTEIN	5,2 g	
FAT	2,7 g	SALT	1,7 g	
OF WHICH SATURATES	0,3 g			
CARBOHYDRATE	27,0 g	-		
OF WHICH SUGARS	5,5 g	-		



Preparation

STEAMER OVEN

Preheat steamer oven to 140 °C (70% hot air, 30 % steam). Bake the frozen product on a standard gastro tray for about 20 minutes.

OVEN (TOP/BOTTOM HEAT)

Preheat oven (top and bottom heat) to 200 °C. Bake the frozen product on a greased baking tray with about 100 ml water for about 18 minutes.

MICROWAVE

Heat one piece of the frozen product in a greased microwave dish with a cover at 900 watts for about 2.5 minutes (4 pieces at 900 watts for about 7 minutes).

