

#### INFO

Made from pumpkin, turnip, carrots, cauliflower and potatoes, seasoned, formed, pre-fried and freely flowing deep-frozen.

## INGREDIENTS

Vegetables 82 % (pumpkin 32,4 %, turnip 32,4 %, carrots 9,8 %, cauliflower 7,4 %) rapeseed oil, breading (WHEAT FLOUR, salt, yeast), pea fibres, potato flakes, sea salt, chives, stabilizer methyl cellulose, spices, starch, sugar.

# Contents

- (🖄 No hardened fats
- (A) No preservatives

( No artificial colouring

🛞 No natural colouring

- (A) lactose-free
- 🛞 Cook & Chill
- (💍) Vegetarian
- 🔊 Vegan

# *Vegetable burger with pumpkin and turnip*

WEIGHT PER UNIT APPROX. 75 G



Packaging

ARTNO.	8804
PER CARTON	2 x 2.5 kg (Bag)
CARTONS PER PAL./LAYER	99/9
EAN INDIV. PACKAGE	4006934 880400
EAN OUTER PACKAGE	4006934 880417
MDD	18 months



# Nutrition

ENERGY	387 kJ / 93 kcal	PROTEIN	2,1 g
FAT	4,5 g	SALT	1,2 g
OF WHICH SATURATES	0,5 g		
CARBOHYDRATE	8,6 g	_	
OF WHICH SUGARS	2,8 g	_	



Preparation

## STEAMER OVEN

Preheat steamer oven (hot air) to 200 °C. Bake the frozen product on a standard gastro tray for about 18 minutes.

#### OVEN (CIRCULATING AIR)

Preheat oven (circulating air) to 200 °C. Bake the frozen product on a baking tray with baking paper for about 18 minutes.

#### DEEP-FAT-FRYER

Deep-fry the frozen product at a fat temperature of 160 °C for about 5 minutes.

#### OVEN (TOP/BOTTOM HEAT)

Preheat oven (top/bottom heat) to 210 °C. Bake the frozen product on a baking tray with baking paper for about 18 minutes.

#### FRYING PAN

Fry the frozen product with some oil at medium heat for about 10 minutes. Turn over serveral times.

## MICROWAVE

Heat the frozen product in a mircowave with 900 watts for about 2 - 2.5 minutes.

