



Couscous and Vegetable Tartlet

WEIGHT PER UNIT APPROX. 125 G



Packaging

ART.-NO.	8170
PER CARTON	4 x 1.250 g (Bag)
CARTONS PER PAL./LAYER	99/9
EAN INDIV. PACKAGE	4006934 817000
EAN OUTER PACKAGE	4006934 817017
MDD	18 months



Nutrition

ENERGY	653 kJ / 155 kcal	CARBOHYDRATE	26,0 g
FAT	3,0 g	OF WHICH SUGARS	2,9 g
OF WHICH SATURATES	0,4 g	PROTEIN	4,6 g
		SALT	1,4 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).

INFO

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

INGREDIENTS

COUSCOUS (DURUM WHEAT produce) 31 %, vegetables 31 % (grilled peppers (peppers, sunflower oil), grilled onions (onions, sunflower oil), broccoli), water, rapeseed oil, parsley, table salt, herbs, rice flour, potato starch, spices, sugar, sunflower oil.

Contents

-  No hardened fats
-  No preservatives
-  No artificial colouring
-  No natural colouring
-  lactose-free
-  Vegetarian
-  Vegan