



Mediterranean Vegetables & Rice Burger

WEIGHT PER UNIT APPROX. 80 G



Packaging

ART.-NO.	8660
PER CARTON	5 x 1.200 g bag
CARTONS PER PAL./LAYER	72/7
EAN INDIV. PACKAGE	4006934 866008
EAN OUTER PACKAGE	4006934 866015
MDD	18 months

INFO

Vegetarian burger with aromatic wild rice mix, grilled peppers, courgettes, spicy shepherd's cheese and spices.

INGREDIENTS

Vegetables (grilled bell pepper, zucchini, fried eggplant (eggplant, sunflower oil), grilled zucchini, grilled hot peppers, grilled onions, tomatoes) 40 %, wild rice 29 %, rapeseed oil, SHEPHERD'S CHEESE 6 %, potato flakes, tomato paste, starch, sugar, salt, stabilizer hydroxypropyl methylcellulose, herbs, spices.



Nutrition

ENERGY	817 kJ / 195 kcal	CARBOHYDRATE	22,7 g
FAT	9,3 g	OF WHICH SUGARS	4,2 g
OF WHICH SATURATES	1,5 g	PROTEIN	3,4 g
		SALT	1,4 g



Preparation

STEAMER OVEN

Preheat steamer oven (hot air) to 210 °C. Bake frozen product for approx. 10-12 minutes on a gastro tray.

OVEN (TOP/BOTTOM HEAT)

Preheat oven (top and bottom heat) to 240 °C. Distribute frozen product on parchment paper spread across the oven rack and bake approx. 14-16 minutes.

Deep-fry the frozen product at a fat temperature of 180 °C for about 10 minutes. Recommended quantity: 5 pieces.




OVEN (CIRCULATING AIR)

Preheat oven to 220 °C. Distribute frozen product on parchment paper spread across the oven rack and bake approx. 14-16 minutes.

FRYING PAN

Fry the frozen product with some oil at medium heat for about 8-10 minutes. Turn over several times.

Contents

-  No hardened fats
-  No preservatives
-  No artificial colouring
-  No natural colouring
-  gluten-free
-  Vegetarian