



# 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

### 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.

## Contents

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



## Nutrition

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

### 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.