



Risotto with
OCTOPUS

SEAFOOD

Ready to eat meals

Exquisite seafood, now in ready meals. We have created a fine selection of ready meals with the aim of introducing quality seafood on the plates of busy people. Enjoy one's best homemade recipes with the care and experience of our chefs. Designed for busy people who don't want to compromise quality.





Risotto with OCTOPUS



**FULLY COOKED
READY IN 3'**

WITH EXTRA
VIRGIN OLIVE OIL
—
WITHOUT ADDITIVES
—
WITHOUT PRESERVATIVES

Ingredients: 62% Cooked risotto rice (water, risotto rice), 10% cooked **octopus** (octopus, water, salt), tomato, onion, extra virgin olive oil, white wine (contains **sulfites**), **butter**, salt, parsley, garlic, spices and herbs.

Nutrition Declaration	Per 100g	Per serving 300g	%RI*
Energy	823kJ/197kcal	2469kJ/591kcal	29%
Fat	10,2g	30,6g	47%
of which saturates	2,7g	8,1g	32%
Carbohydrate	22,7g	68,1g	23%
of which sugars	0,6g	1,8g	4%
Proteins	3,5g	10,5g	21%
Salt	1,00g	3,00g	50%

* RI (%) Reference Intake of an average adult 8400kJ/2000kcal

Shelf life 45 days.

Keep refrigerated at temperature 1°C - 5°C
After opening keep refrigerated and consume within 24 hours.
Suitable for freezing. Defrost thorough before use.
Once defrosted (in refrigerator) consume within 24 hours.

NET WT: 300g e | 1 PORTION



1
REMOVE
THE LABEL



2
MICROWAVE
[750W]
FOR 2 MINUTES



3
ALLOW TO STAND
FOR 1 MINUTE



4
REMOVE THE FILM
AND ENJOY

Before heating:
remove the label
without removing
or puncturing the film

**Do not reheat
once cold.**

During heating:
Any popping noises
and steam inflation
are normal.

**All cooking
appliances vary.**

After heating:
Check food is piping
hot. Allow to stand
for one minute.

Mediterranean Recipes

READY TO EAT IN 3 MINUTES.

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