



Linguine with
**TOMATO,
BASIL & SPINACH**

MEDITERRANEAN DISHES

Ready in just 3 minutes

A fine selection of ready-to-eat meals with the aim of saving time and energy for modern and busy people who don't want to compromise quality. Just heat and eat! Discover a whole range of homemade Mediterranean recipes, handcrafted by our experienced chefs with care and the highest quality ingredients.





Linguine with
**TOMATO,
BASIL & SPINACH**



**FULLY COOKED
READY IN 3'**

WITH EXTRA
VIRGIN OLIVE OIL
NO PRESERVATIVES
NO ADDITIVES

Ingredients: 35% Cooked linguine [**wheat** semolina, water], 17% spinach, vegetable broth [yeast extract, glucose syrup, sugar, dehydrated vegetables (carrots, onion, garlic), salt, olive oil, spice extracts (contain **celery**), natural flavorings, spices, herbs], 13,3% tomato, white wine (contains **sulfites**), extra virgin olive oil, onion, red pepper, **butter**, hard cheese flakes [cow **milk**, salt, microbial rennet, culture, preservative: lysozyme (contains **egg**)], 1,3% basil, salt, lemon juice, garlic, spices, herbs.

Nutrition Declaration	Per 100g	Per serving 300g	%RI*
Energy	895kJ/213kcal	2685kJ/539kcal	33%
Fat	9,8g	29,4g	45%
of which saturates	2,3g	6,9g	35%
Carbohydrate	25,8g	77,4g	26%
of which sugars	2,4g	7,2g	14%
Proteins	5,5g	16,5g	33%
Salt	1,40g	4,20g	70%

* 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



**REMOVE
THE LABEL**



**MICROWAVE
[750W]
FOR 2 MINUTES**



**ALLOW TO STAND
FOR 1 MINUTE**



**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 infation
are normal.

**All cooking
appliances vary.**

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

**From the Aegean,
to wherever you are,**

READY TO EAT IN 3 MINUTES.