



Orzo with
VEGETABLES
& FETA

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.





Orzo with VEGETABLES & FETA



**FULLY COOKED
READY IN 3'**

WITH EXTRA
VIRGIN OLIVE OIL
—
WITHOUT ADDITIVES
—
WITHOUT PRESERVATIVES

Ingredients: Cooked orzo [**wheat** semolina, water], vegetable broth [water, yeast extract, glucose syrup, sugar, dehydrated vegetables (carrots, onion, garlic), salt, olive oil, spice extracts (contain **celery**), natural flavourings, spices, herbs], 13% tomato, white wine (contains **sulfites**), extra virgin olive oil, 6,6% onion, 3,5% zucchini, 3,5% aubergine, 3,5% red pepper, 3,5% feta P.D.O. (sheep and goat **milk**, lactic acid culture, rennet, salt), **butter**, salt, garlic, oregano, herbs, spices.

Nutrition Declaration	Per 100g	Per serving 300g	%RI*
Energy	853kJ/204kcal	2559kJ/612kcal	30%
Fat	10,1g	30,3g	47%
of which saturates	3,0g	9,0g	45%
Carbohydrate	22,5g	67,5g	23%
of which sugars	2,4g	7,2g	14%
Proteins	4,6g	13,8g	28%
Salt	1,10g	3,30g	55%

* 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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