



Linguine with **MUSSELS**

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.





Linguine with **MUSSELS**



**FULLY COOKED
READY IN 3'**

WITH EXTRA
VIRGIN OLIVE OIL
—
NO ADDITIONAL
PRESERVATIVES
AND ADDITIVES

Ingredients: 74% Cooked linguine (**wheat** semolina, water), 17% cooked **mussels** (without shell), extra virgin olive oil, garlic, salt, parsley, spices.

Nutrition Declaration	Per 100g	Per serving 300g	%RI*
Energy	812kJ/193kcal	2436kJ/579kcal	29%
Fat	6,5g	19,5g	28%
of which saturates	1,0g	3,0g	15%
Carbohydrate	26,3g	78,9g	30%
of which sugars	0,7g	2,1g	2%
Proteins	6,8g	20,4g	41%
Salt	0,98g	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

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

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

**Do not reheat
once cold.**

**All cooking
appliances vary.**

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

READY TO EAT IN 3 MINUTES.

MYTILOS
Kitros, Pieria, GR 60064, Greece
E: info@mytilos.gr T: +30 2351071143 www.mytilos.gr

www.aegeangourmet.gr