



Linguine pesto with **SQUID**

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 pesto with **SQUID**



**FULLY COOKED
READY IN 3'**

WITH EXTRA
VIRGIN OLIVE OIL
—
NO ADDITIONAL
PRESERVATIVES
AND ADDITIVES

Ingredients: 74% Cooked linguine (**wheat** semolina, water), 14% pesto [extra virgin olive oil, basil, Grana Padano PDO cheese (cow **milk**, salt, rennet, preservative: lysozyme (contains **egg**)), salt, spices, garlic], 12% cooked **squid**.

Nutrition Declaration	Per 100g	Per serving 300g	%RI*
Energy	816kJ/195kcal	2448kJ/585kcal	26%
Fat	7,9g	23,7g	31%
of which saturates	1,4g	4,2g	20%
Carbohydrate	24,6g	73,8g	24%
of which sugars	1,2g	3,6g	4%
Proteins	5,7g	17,1g	37%
Salt	1,10g	3,30g	41%

* 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

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