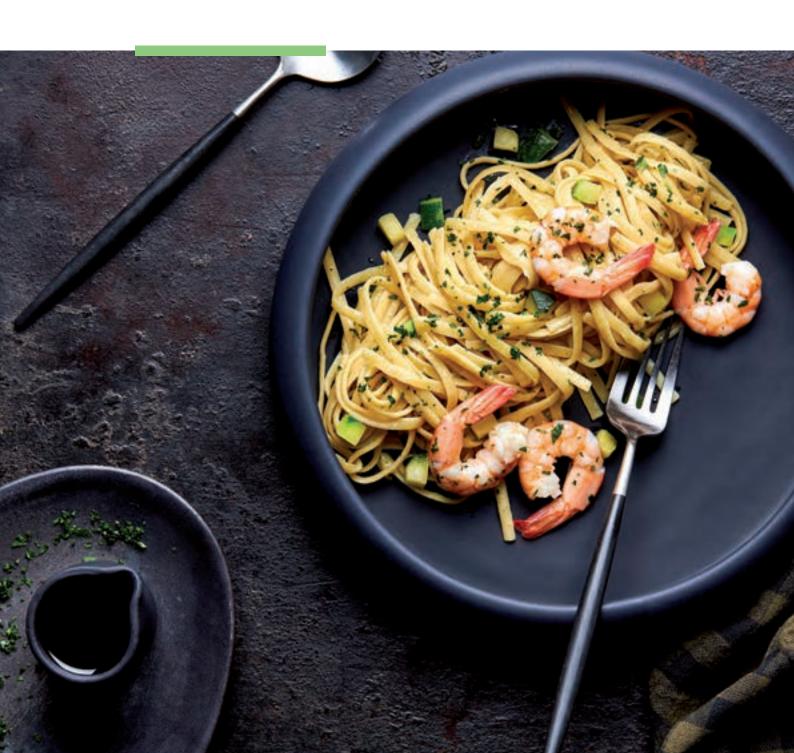


Linguine with Zucchini and SHRIMPS

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 Zucchini and **SHRIMPS**



FULLY COOKED READY IN 3'

WITH EXTRA VIRGIN OLIVE OIL

NO ADDITIONAL **PRESERVATIVES** AND ADDITIVES

Ingredients: 66% Cooked linguine (wheat semolina, water), zucchini, 11% shrimps cooked, peeled with a tail segment (shrimps, water, preservative: sodium metabisulphite), extra virgin olive oil, garlic, parsley, salt, spices, herbs.

Nutrition Declaration	Per 100g	Per serving 300g	%RI*
Energy 766	kJ/182kcal	2298kJ/546kcal	27%
Fat	7,0g	21,0g	30%
of which saturates	1,0g	3,0g	15%
Carbohydrate	23,2g	69,6g	27%
of which sugars	1,3g	3,9g	4%
Proteins	6,1g	18,3g	37%
Salt	1,20g	3,60g	60%

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

Shelf life 45 days.

Keep refrigerated at temperture 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: 300ge | 1 PORTION



REMOVE THE LABEL



MICROWAVE [750W] FOR 2 MINUTES



FOR 1 MINUTE



ALLOW TO STAND REMOVE THE FILM **AND ENJOY**

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

During heating: Any popping noises and steam infation 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.