



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  
—  
NO ADDITIONAL  
PRESERVATIVES  
AND ADDITIVES

Ingredients: 35% 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 **sulphites**), 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	31%
Fat	10,1g	30,3g	43%
of which saturates	3,0g	9,0g	45%
Carbohydrate	22,5g	67,5g	26%
of which sugars	2,4g	7,2g	8%
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<sup>e</sup> | 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.**

## Mediterranean Recipes

READY TO EAT IN 3 MINUTES.