



Linguine with  
**BOLOGNESE**  
**SAUCE**

# 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.





## Linguine with BOLOGNESE SAUCE



**FULLY COOKED  
READY IN 3'**

WITH EXTRA  
VIRGIN OLIVE OIL  
—  
NO ADDITIONAL  
PRESERVATIVES  
AND ADDITIVES

Ingredients: 64% Bolognese sauce [tomato, pork minced meat, white wine (contain **sulfites**), onions, extra virgin olive oil, basil, parsley, chicken broth (salt, glucose syrup, yeast extract, flavorings (contain **egg**), hydrolysed vegetable proteins, corn starch, sugar, olive oil, chicken meat extract (1%), spice extracts (contain **celery**), onion powder, garlic powder, spices) herbs and spices], 33% cooked linguine pasta (**wheat** semolina, water), hard cheese [cow **milk**, salt, microbial rennet, culture, preservative: lysozyme (contains **egg**)], salt.

Nutrition Declaration	Per 100g	Per serving 300g	%RI*
Energy	951kJ/227kcal	2853kJ/681kcal	34%
Fat	9,5g	28,5g	41%
of which saturates	2,4g	7,2g	36%
Carbohydrate	25,9g	77,7g	30%
of which sugars	2,4g	7,2g	8%
Proteins	8,7g	26,1g	52%
Salt	0,73g	2,19g	37%

\* 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.