



Linguine BOLOGNESE

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 BOLOGNESE



**FULLY COOKED
READY IN 3'**

WITH EXTRA
VIRGIN OLIVE OIL
—
NO ADDITIONAL
PRESERVATIVES
AND ADDITIVES

Ingredients: 64% Bolognese sauce [tomato, 12% pork minced meat, white wine (grapes, antioxidant: **sodium metabisulfite**), onion, extra virgin olive oil, basil, parsley, salt, chicken stock (salt, glucose syrup, yeast extract, corn starch, chicken fat, spice extracts (contain **celery**), chicken extract (1%), onion powder, sugar, olive oil, garlic powder, spices), herbs and spices], 33% cooked linguine (**wheat** semolina, water), hard **cheese** [(cow **milk**, salt, rennet, preservative: lysozyme (contains egg)], salt. The product may contain traces of fish, mollusks and crustaceans.

Nutrition Declaration Per 100g		Per serving 300g	%RI*
Energy	813kJ/194kcal	2439kJ/582kcal	29%
Fat	7,2g	21,6g	31%
of which saturates	1,9g	5,7g	29%
Carbohydrate	23,8g	71,4g	27%
of which sugars	1,6g	4,8g	5%
Proteins	7,4g	22,2g	44%
Salt	0,90g	2,70g	45%

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

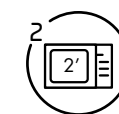
Shelf life 45 days.

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: 300ge | 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.

www.aegeangourmet.gr