



MEDITERRANEAN DISHES

Ready in just 3 minutes

Linguine CARBONARA

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 CARBONARA



FULLY COOKED
READY IN 3'

WITH EXTRA
VIRGIN OLIVE OIL
—
NO ADDITIONAL
PRESERVATIVES
AND ADDITIVES

Ingredients: 61% Cooked linguine pasta (**wheat** semolina, water), 37% carbonara sauce [whole **milk**, 8,3% smoked bacon (pork meat, salt, glucose, antioxidant: sodium ascorbate, preservative: sodium nitrite, smoke flavoring), extra virgin olive oil, **butter**, 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), spices, smoke flavoring], hard **cheese** [cow **milk**, salt, rennet, preservative: lysozyme (contains **egg**)]. The product may contain traces of fish, mollusks, crustaceans and sulfites.

Nutrition Declaration Per 100g		Per serving 300g	%RI*
Energy	1016kJ/242kcal	3048kJ/727kcal	36%
Fat	10,2g	30,6g	44%
of which saturates	3,9g	11,7g	59%
Carbohydrate	30,0g	90,0g	35%
of which sugars	2,5g	7,5g	8%
Proteins	7,0g	21,0g	42%
Salt	1,15g	3,45g	58%

* 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