



MEDITERRANEAN DISHES

Ready in just 3 minutes

Orzo with VEGETABLES & FETA

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 **sulfites**), 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: 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