



Linguine pesto with  
**SQUID**

# SEAFOOD

Ready to eat meals

Exquisite seafood, now in ready meals. We have created a fine selection of ready meals with the aim of introducing quality seafood on the plates of busy people. Enjoy one's best homemade recipes with the care and experience of our chefs. Designed for busy people who don't want to compromise quality.





## Linguine pesto with **SQUID**



**FULLY COOKED  
READY IN 3'**

WITH EXTRA  
VIRGIN OLIVE OIL  
—  
WITHOUT ADDITIVES  
—  
WITHOUT PRESERVATIVES

Ingredients: 74% Cooked linguine (**wheat** semolina, water), 14% pesto [extra virgin olive oil, basil, Grana Padano PDO cheese (cow **milk**, salt, rennet, preservative: lysozyme (contains **egg**)), salt, spices, garlic], 12% cooked **squid**.

Nutrition Declaration	Per 100g	Per serving 300g	%RI*
Energy	816kJ/195kcal	2448kJ/585kcal	26%
Fat	7,9g	23,7g	31%
of which saturates	1,4g	4,2g	20%
Carbohydrate	24,6g	73,8g	24%
of which sugars	1,2g	3,6g	4%
Proteins	5,7g	17,1g	37%
Salt	1,10g	3,30g	41%

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

### Shelf life 45 days.

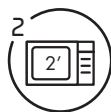
Keep refrigerated at temperature 1°C - 5°C  
After opening keep refrigerated and consume within 24 hours.

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

**During heating:**  
Any popping noises  
and steam infation  
are normal.

**After heating:**  
Check food is piping  
hot. Allow to stand  
for one minute.

**Do not reheat  
once cold.**

**All cooking  
appliances vary.**

## From the Aegean, to wherever you are,

READY TO EAT IN 3 MINUTES.

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