



# SEAFOOD

Ready to eat meals

## Risotto curry with SHRIMPS

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.



## Risotto curry with SHRIMPS



**FULLY COOKED  
READY IN 3'**

WITH EXTRA  
VIRGIN OLIVE OIL  
—  
NO ADDITIONAL  
PRESERVATIVES  
AND ADDITIVES

Ingredients: 55% Cooked rice (water, rice), peas, white wine (contains **sulfites**), 8% shrimps cooked, peeled with a tail segment (**shrimps**, water, preservative: sodium **metabisulphite**), extra virgin olive oil, onion, **butter**, hard cheese [cow **milk**, salt, rennet, preservative: lysozyme (contains **egg**)], parsley, salt, 0,4% curry, spices, herbs.

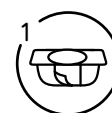
| Nutrition Declaration Per 100g |               | Per serving 300g | %RI* |
|--------------------------------|---------------|------------------|------|
| Energy                         | 683kJ/163kcal | 2049kJ/489kcal   | 25%  |
| Fat                            | 7,5g          | 22,5g            | 32%  |
| of which saturates             | 2,2g          | 6,6g             | 33%  |
| Carbohydrate                   | 19,2g         | 57,6g            | 22%  |
| of which sugars                | 0,7g          | 2,1g             | 2%   |
| Proteins                       | 4,6g          | 13,8g            | 28%  |
| Salt                           | 1,00g         | 3,00g            | 50%  |

\* 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.**

**From the Aegean,  
to wherever you are,**

**READY TO EAT IN 3 MINUTES.**

[www.aegeangourmet.gr](http://www.aegeangourmet.gr)