



MEDITERRANEAN DISHES

Ready in just 3 minutes

Risotto with BASIL PESTO SAUCE & SUNDRIED TOMATO

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.



Risotto with BASIL PESTO SAUCE & SUNDRIED TOMATO



FULLY COOKED
READY IN 3'

WITH EXTRA
VIRGIN OLIVE OIL
—
NO ADDITIONAL
PRESERVATIVES
AND ADDITIVES

Ingredients: 38% Cooked risotto rice, vegetable broth [water, yeast extract, glucose syrup, sugar, dehydrated vegetables (carrots, onion, garlic), salt, olive oil, spice extracts (contain **celery**), natural flavorings, spices, herbs], 17% pesto sauce [extra virgin olive oil, basil, hard cheese [cow's **milk**, salt, microbial rennet, culture, preservative: lysozyme (contains **egg**)], lemon juice, salt, garlic, spices], white wine (contains **sulfites**), onion, 3.5% sundried tomato (sun-dried tomatoes, sunflower oil, wine vinegar, sea salt, savory), extra virgin olive oil, hard cheese flakes [cow's **milk**, salt, microbial rennet, culture, preservative: lysozyme (contains egg)], **butter**, garlic, spices.

Nutrition Declaration Per 100g		Per serving 300g	%RI*
Energy	898kJ/214kcal	2967kJ/642kcal	32%
Fat	13,2g	39,6g	57%
of which saturates	2,9g	8,7g	44%
Carbohydrate	20,2g	60,6g	23%
of which sugars	0,95g	2,85g	3%
Proteins	3,6g	10,8g	22%
Salt	1,55g	4,65g	78%

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

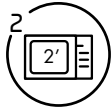
Shelf life 45 days.

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



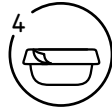
REMOVE
THE LABEL



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