



Risotto with OCTOPUS

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.



Risotto with OCTOPUS



**FULLY COOKED
READY IN 3'**

WITH EXTRA
VIRGIN OLIVE OIL
—
NO ADDITIONAL
PRESERVATIVES
AND ADDITIVES

Ingredients: 62% Cooked risotto rice (water, risotto rice), 10% cooked **octopus** (octopus, water, salt), tomato, onion, extra virgin olive oil, white wine (contains **sulfites**), **butter**, salt, parsley, garlic, spices and herbs.

Nutrition Declaration Per 100g		Per serving 300g	%RI*
Energy	823kJ/197kcal	2469kJ/591kcal	30%
Fat	10,2g	30,6g	44%
of which saturates	2,7g	8,1g	41%
Carbohydrate	22,7g	68,1g	26%
of which sugars	0,6g	1,8g	2%
Proteins	3,5g	10,5g	21%
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



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 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