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CMYK



PMS 7424



White



SPOT Varnish

Cutter Guide

Client : MERCHANT GOURMET

Date: 08/12/20

File Name: MG PERSIAN STYLE QUINOA 250G

Artworker: Lee Brooklyn

Account Manager: Caroline / Nyree

Print Process: Gravure

Substrate: Plastic

Finish: Matt

# PERSIAN-STYLE

## Quinoa & Lentils

We have an appetite for change; to help save the planet one delicious plant-based meal at a time. Join us on our mission by enjoying this Persian-style quinoa, green lentils and wholegrain rice cooked with raisins and kibbled onions, lightly spiced with harissa, cumin and turmeric.

*good to know*

- ✓ Source of protein
- ✓ Source of fibre
- ✓ Low in fat

**Nutrition information:**

*Nutritionals per 100g (as sold)*

Energy kJ/kcal	743/176
Fat	2.8g
<i>of which saturates</i>	0.8g
Carbohydrate	29g
<i>of which sugars</i>	4.6g
Fibre	4.9g
Protein	6.7g
Salt	0.55g

**Ingredients:** Cooked White Quinoa (34%) (Water, White Quinoa), Cooked Green Lentils (26%) (Water, Green Lentils), Cooked Wholegrain Rice (25%) (Water, Wholegrain Rice), Raisins (6%), Dried Kibbled Onions (2.4%), Sunflower Oil, Vegetable Boullion (Salt, Yeast Extract, Dextrose, Potato Starch, Onion Extract, Carrot Powder, Parsley, Colour: Turmeric, Herb Extracts, Spice Extract), Onion Powder, Harissa Paste (Fructose, Water, Sugar, White Wine Vinegar, Tomato Purée, Red Pepper Juice Concentrate, Lemon Juice, Salt, Mint, Cornflour, Onion Extract, Caraway, Cayenne Chilli, Smoked Paprika, Cumin Powder, Coriander Powder), Cumin Powder, Yeast Extract, Cumin Seeds, Garlic Powder, Parsley, Colour: Turmeric, Black Pepper.

**Allergens:** May contain traces of a gluten containing cereal.

**Storage:** Store in a cool, dry place. Once opened, refrigerate and eat within 3 days.

Say hello!

Merchant Gourmet,  
2 Rollins Street,  
London, SE15 1EW

250g e

Serves 2  
(125g per serving)

*simple to prepare*

Squeeze the pouch to loosen the grains. For best results, heat through in a pan with a dash of water. Otherwise, tear a 2cm opening at the top and microwave for 45s at 900w, or simply enjoy them cold.

*a recipe for change*

For quick and simple plant-based falafels, blitz the Persian-Style Quinoa & Lentils with some chickpeas, tahini, flour, lemon juice, garlic, oil, parsley and cumin in a food processor to a chunky mixture. Roll into bite sized balls then bake in a pre-heated oven for 15 minutes. Serve with hummus, salad, pitta bread and enjoy!



Find more recipes at [merchant-gourmet.com](https://merchant-gourmet.com)

Best before end:

LEAVE NO PLASTIC UNRECYCLED

*Appetite for change  
recycle scheme*

Find out how to recycle this pouch on our website.



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CER198



PPPERS03

Plant-based Simplicity

# MERCHANT

## GOURMET



Source of Protein



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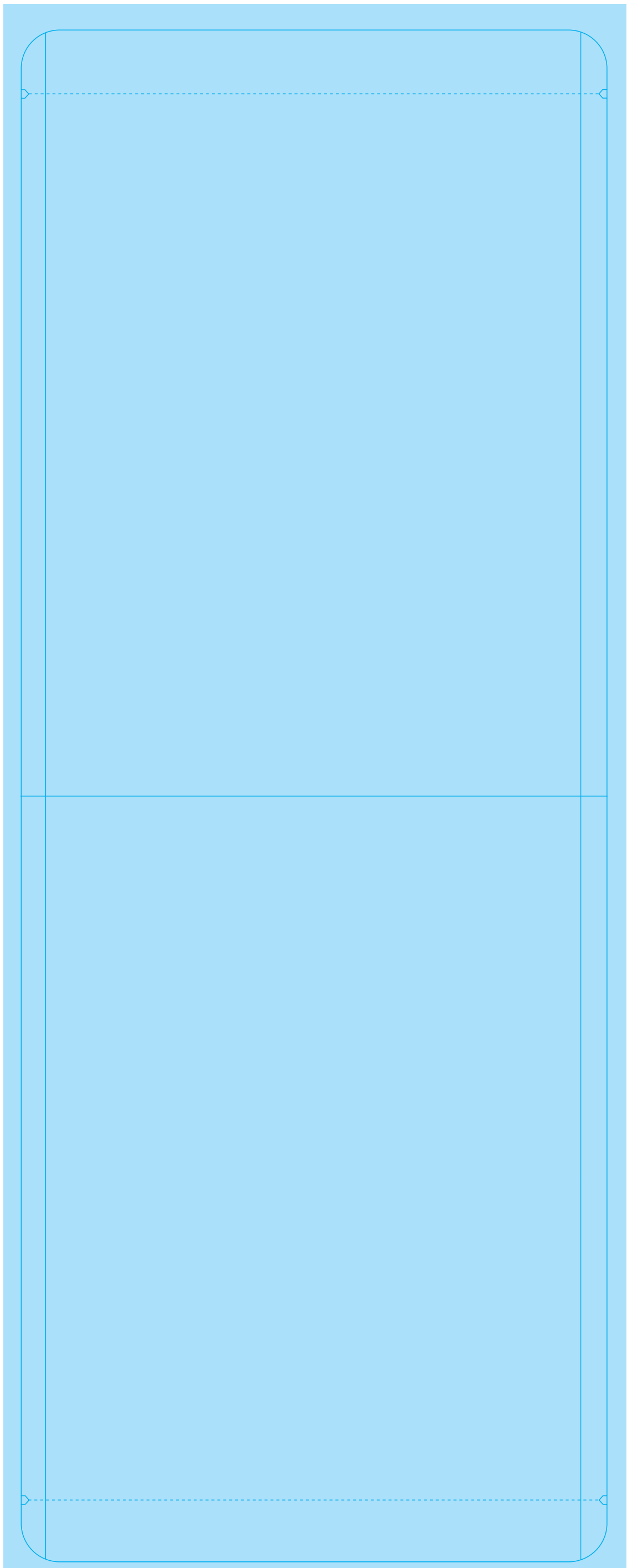
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