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CMYK




PMS 319



White



SPOT Varnish



Cutter Guide

Client : MERCHANT GOURMET

Date: 29/11/2021

File Name: MG PUY LENTILS 250G

Artworker: Aisha Orme

Account Manager: Caroline / Nyree

Print Process: Gravure

Substrate: Plastic

Finish: Matt

PUY LENTILS

& French Green Lentils. Simply Cooked

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 mix of cooked Puy & Green Lentils. Grown in Le Puy-en-Velay in France, Puy Lentils have a delicate, slightly peppery flavour. They have been simply cooked with water, onion, bay leaf and a dash of olive oil and are a perfect plant-based source of protein for many recipes.

good to know

- ✓ High in protein
- ✓ Source of fibre
- ✓ One of your 5 a day

Nutrition information:

Nutritionals per 100g (as sold)

Energy kJ/kcal	624/148
Fat	1.7g
of which saturates	0.4g
Carbohydrate	19g
of which sugars	1.0g
Fibre	5.2g
Protein	11g
Salt	0.01g

Ingredients:

Cooked Puy Lentils (58%)
(Water, Puy Lentils), Cooked French Green Lentils (38%) (Water, French Green Lentils), Onion, Olive Oil, Bay Leaf Powder.

Allergens:

May contain traces of a gluten containing cereal.

Storage:

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

simple to prepare

Squeeze the pouch to loosen the lentils. 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 meatballs, add a glug of water to a handful of oats in a processor then blitz. Add the lentils, sautéed garlic and shallots, flour, tomato purée, vegan parmesan then season to taste. Blitz again, press into small balls and shallow fry. Once browned, add to your favourite tomato sauce and enjoy!



Find more recipes at merchant-gourmet.com

Best before end:



@MERCHANTGOURMET

Merchant Gourmet UK
Freepost Merchant Gourmet Limited, London
Merchant Gourmet EU, 4 Wildflower Way,
Boucher Road, Belfast, BT12 6TA

250g e
Serves 2
(125g per serving)



Appetite for change
recycle scheme
Find out how to recycle
this pouch on our website.



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LEN119



PPFUY102



APPROVED

Typical values per 100g (Energy 624kJ/148kcal)

ENERGY	624 KJ
FAT	1.7g
SATURATES	0.4g
SUGARS	1.0g
SALT	0.01g

EACH 125g SERVING PROVIDES:

% OF AN ADULT'S REFERENCE INTAKE	%
ENERGY	9%
FAT	3%
SATURATES	0.5%
SUGARS	1.9%
SALT	<1%

PUY LENTILS

& French Green Lentils

Simply Cooked





MERCHANT

GOURMET

Plant-based Simplicity

CLEAR WINDOW



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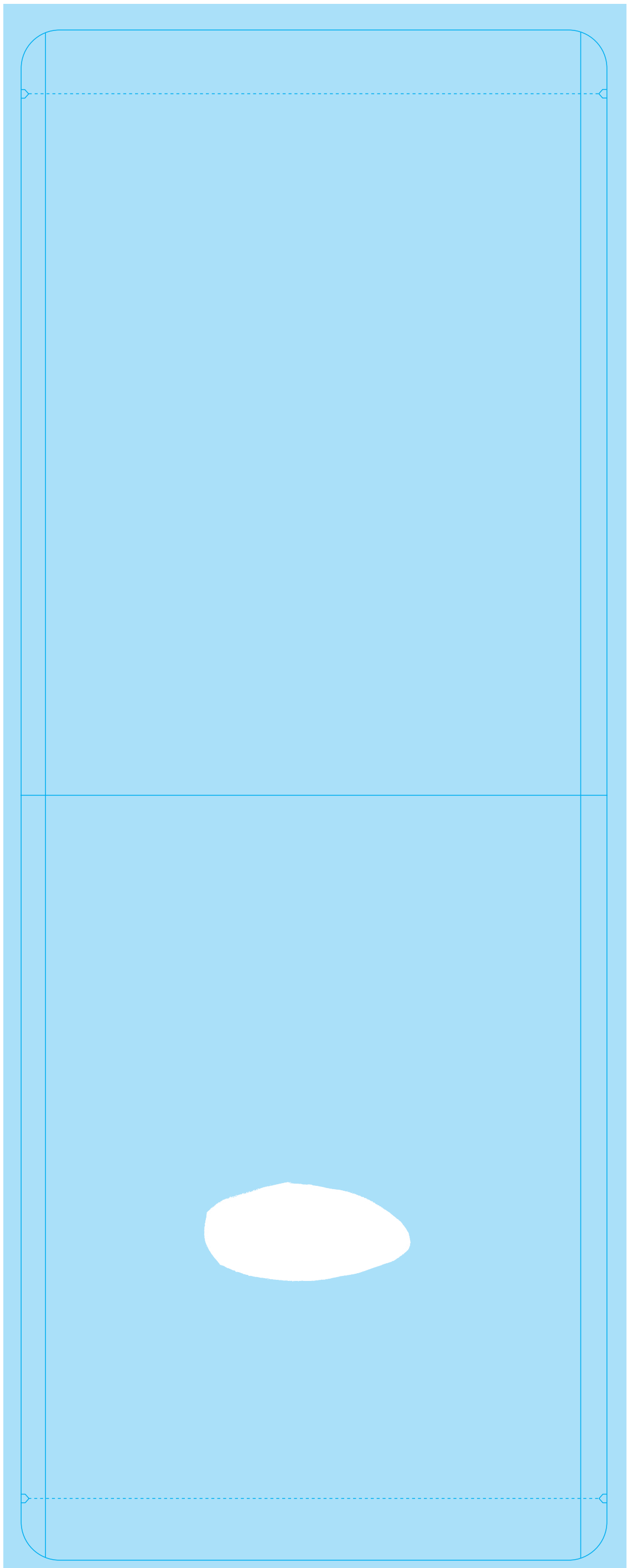
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