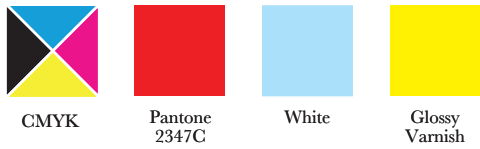


Merchant Gourmet Limited.  
The Greenhouse, Unit 10-12 Queen Elizabeth Street, London SE1 2JE  
[www.merchant-gourmet.com](http://www.merchant-gourmet.com)

**File name:** Beluga Lentils  
**Date:** 21-06-23  
**Version:** V2  
**Artworker:** Aisha

**Colours:**



<b>Substrate:</b>	Plastic
<b>Finish:</b>	Matte
<b>Additional info:</b>	N/A

## Simply Cooked

**We've spent over 25 years sourcing the best-tasting ingredients from around the globe.**  
Today, we continue to inspire more people to eat more plants by making delicious, nutritious food that's simple to prepare. These Beluga Lentils have been simply cooked with onion, olive oil and bay leaf. With a firm texture, delicate taste and unique appearance, they work perfectly in salads, veggie burgers and stews.

good to know

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

**Nutrition information:**

<i>Nutrition per 100g (as sold)</i>	
Energy kJ/kcal	601/142
Fat	1.7g
<i>of which saturates</i>	0.3g
Carbohydrate	19g
<i>of which sugars</i>	0.6g
Fibre	4.0g
Protein	11g
Salt	0.02g

**Ingredients:** Cooked Beluga Lentils (92%) (Water, Beluga Lentils), Onion (6%), Olive Oil (1.0%), Bay Leaf Powder (0.2%).

**Allergens:** May contain traces of gluten containing cereal and mustard.

**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 a quick and simple veggie burger, mix Beluga Lentils, finely chopped spring onions and a grated carrot with cumin seeds, gram flour, chilli flakes, turmeric and olive oil. Form into small patties, then fry in olive oil until golden on both sides. Place a pattie on a burger bun, add your favourite garnish and enjoy!



### Serving suggestion

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

Best before:

## EAT MORE PLANTS



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

250ge

Serves 2 (125g per serving)



**Appetite for change**  
recycle scheme

Find out how to recycle this pouch on our website.

LEN015



PRELIM03



CLEAR WINDOW