

MERCHANT
GOURMET

Merchant Gourmet Limited, 1-7 Beaufort Road, Chelmsford, CM2 6ZJ
www.merchant-gourmet.com

File name:

Jamaican-style 250g

Date:

15-02-22

Version:

6

Artworker:

Aisha

Colours:

CMYK

Pantone
173C

White

Spot
Varnish

GOLD

Substrate:

Plastic

Finish:

Matte

Additional info:

N/A

JAMAICAN-STYLE

Grains & Pulses

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 fiery mix of wholegrain rice, pearl barley and bulgur wheat, with mixed beans, quinoa and coconut cream, all flavoured with a blend of herbs and spices inspired by the Jamaican cuisine.

good to know

✓ High in fibre

Nutrition information:

Nutrition per 100g (as sold)

Energy kJ/kcal	569/135
Fat	3.0g
of which saturates	1.5g
Carbohydrate	20g
of which sugars	1.6g
Fibre	5.9g
Protein	3.9g
Salt	0.66g

Ingredients:

Cooked Wholegrain Rice (18%) (Water, Wholegrain Rice), Cooked Pearl **Barley** (11%) (Water, Pearl **Barley**), Cooked Bulgur **Wheat** (9%) (Water, Bulgur **Wheat**), Cooked Kidney Beans (8%) (Water, Kidney Beans), Cooked Black Beans (8%) (Water, Black Beans), Cooked Pinto Beans (8%) (Water, Pinto Beans), Cooked Quinoa (7%) (Water, Quinoa), Coconut Cream (6%), Onion, Red Pepper, Tomatoes, Scotch Bonnet Jerk Paste (3.5%) (Water, Spices (Coriander Seed, Black Pepper, Pimento, Ginger, Scotch Bonnet Chilli, Cassia), Salt, Garlic Powder, Yeast Extract Powder, Garlic Purée, Red Chilli Purée, Spirit Vinegar, Sugar, Parsley, Flavouring, Acidity Regulator: Citric Acid; Burnt Sugar), Sunflower Oil, Thyme, Lime Juice, Stabiliser: Guar Gum; Salt.

Allergens:

For allergens, including cereals containing gluten, see ingredients in **bold**.

Storage:

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

@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)

USE OR RECYCLE

Appetite for change

recycle scheme

Find out how to recycle this pouch on our website.

5 018095 012544 >

CER355

PEJAMA01

APPROVED
Vegetarian Society

ENERGY 771 KJ
185 KCAL

8%
% OF AN ADULT'S REFERENCE INTAKE

FAT 3.0g
5%
% OF AN ADULT'S REFERENCE INTAKE

SATURATES 1.5g
3%
% OF AN ADULT'S REFERENCE INTAKE

SUGARS 1.6g
2%
% OF AN ADULT'S REFERENCE INTAKE

SALT 0.66g
14%
% OF AN ADULT'S REFERENCE INTAKE

REFERENCE INTAKE OF AN AVERAGE ADULT (8400KJ/2000KCAL)

(TYPICAL VALUES PER 100g - ENERGY 569KJ/135KCAL)

Fibre

JAMAICAN-STYLE

Grains & Pulses

High in FIBRE

Plant-based Simplicity

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