MERCHANT

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

Jamaican-style 250g File name: 15-02-22 Date:

6 Version: Aisha Artworker:

Colours:



CMYK











GOLD

Plastic Substrate: Matte Finish: N/A Additional info:

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 of which saturates 1.5g Carbohydrate of which sugars Fibre Protein 3.9g

Ingredients: Cooked Wholegrain Rice (18%) (Water, Wholegrain Rice), Cooked Pearl Barley (11%) (Water, roasted vegetables and salsa. Serve and enjoy! 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, Find more recipes at merchant-gourmet.com 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.

■ ¶ ② @MERCHANTGOURMET

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

250ge Serves 2

 $(125g\ per\ serving)$



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 a simple yet satisfying traybake, roast some pumpkin wedges for 20mins then add chopped cauliflower and roast for a further 30mins. Mix together chopped mango, spring onions, coriander and lime. Heat the grains as per instructions and top with the

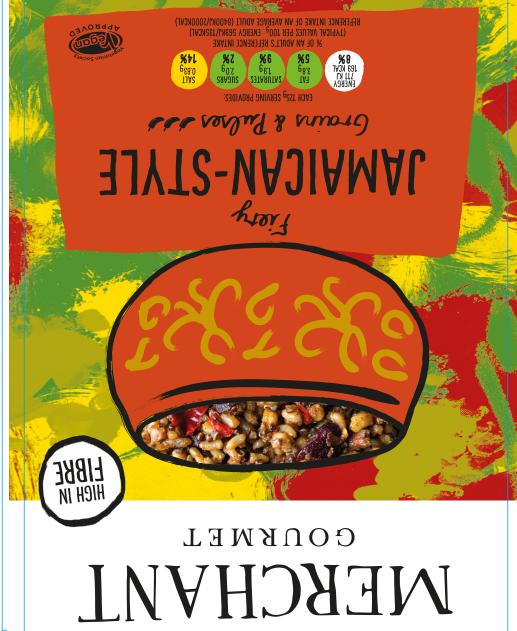


Best before end:





tear here 📥



Plant-based Simplicity

