

## Puy Lentil Bolognese

Our rich, plant-packed bolognese combines Puy and brown lentils with mixed mushrooms, sundried tomato paste, basil and oregano. Enjoy on its own or with spaghetti for a delicious, nutritious meal in minutes.







Serving suggestion: Perfect with spaghetti, garlic bread or a jacket potato. Garnish with fresh basil and grated parmesan for a touch of gourmet.

### Heating instructions:

Best enjoyed hot.

Microwave: Tear a 2cm opening at the top and heat for 90s at 1000W or 2 mins at 700W.

Hob: Empty contents into a pan and heat through on a low heat.

Cooked Puy and brown lentils with carrots, mushrooms, tomatoes, sundried tomato paste, herbs and spices.

Ingredients: Cooked Puy Lentils (37%) (Water, Puy Lentils), Cooked Brown Lentils (28%) (Water, Brown Lentils), Carrots (8%), Mushrooms (8%), Onions, Chopped Tomatoes (3.6%) (Tomato, Tomato Juice), Tomato Paste (3.6%), Sundried Tomato Paste (2.1%) (Tomato Puree, White Wine Vinegar, Garlic Purée, Rapeseed Oil, Salt, Sugar, Sundried Tomato Powder [1%], Water, Onion Powder, Natural Flavouring, Black Pepper, Rosemary), Cornflour, Red Wine Vinegar, Roasted Garlic Purée, Onion Powder, Vegetable Bouillon (Salt, Yeast Extract, Dextrose, Potato Starch, Onion Extract, Carrot Powder, Parsley, Spice Extracts [Pepper, **Celery**], Colour [Curcumin], Herb Extracts [Marjoram, Thyme, Sage]), Yeast Extract Powder, Rehydrated Mushrooms (0.4%) (Yellow Boletus, Oyster, Black Fungus, Ceps), Basil (0.2%), Colour (Paprika Extract), Bay Leaf, Black Pepper, Dried Oregano (0.1%), Thyme, Turmeric Extract.

Allergens: For allergens see ingredients in **bold**. May contain traces of a gluten containing cereal.

Storage: Store in a cool, dry place. Once opened, refrigerate and eat within 3 days. Merchant Gourmet UK, Unit 10-12

Queen Elizabeth Street, London, SE1 2JE Merchant Gourmet EU, 4 Wildflower Way, Boucher Road, Belfast, BT12 6TA, Northern Ireland

280ge (Serves 1)



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### **Nutrition information:**

Nutrition per 100g (as sold)	`
Energy kJ/kcal	291/69
Fat	0.3g
of which saturates	0.1g
Carbohydrate	11g
of which sugars	1.9g
Fibre	3.3g
Protein	4.2g
Salt	0.66g

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BEST BEFORE END







## **MERCHANT** GOURMET

Merchant Gourmet Limited. The Greenhouse, Unit 10-12 Queen Elizabeth Street, London SE1 2JE www.merchant-gournet.com

Bolognese\_BF Refresh File name:

Date: 22-11-24

V1Version:

Louise **Artworker:** 

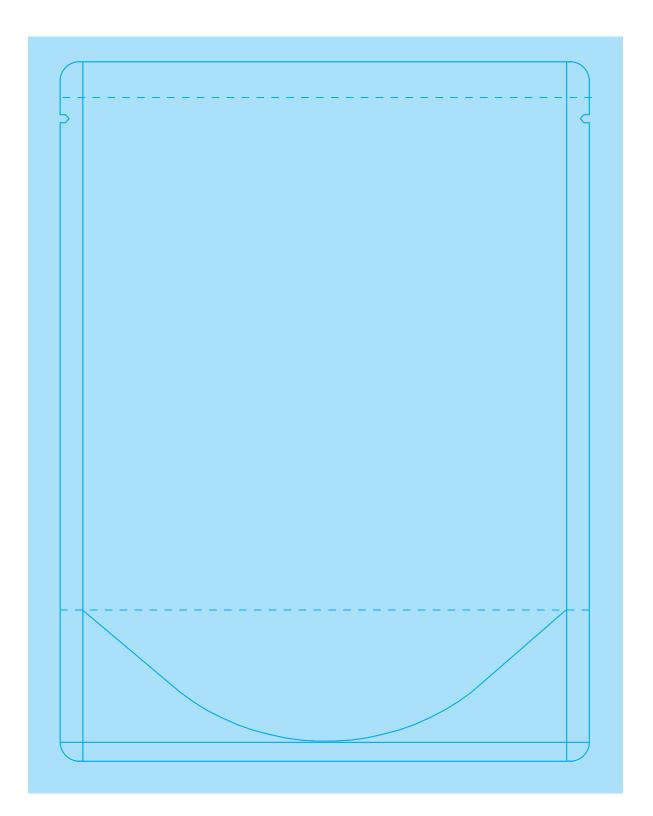
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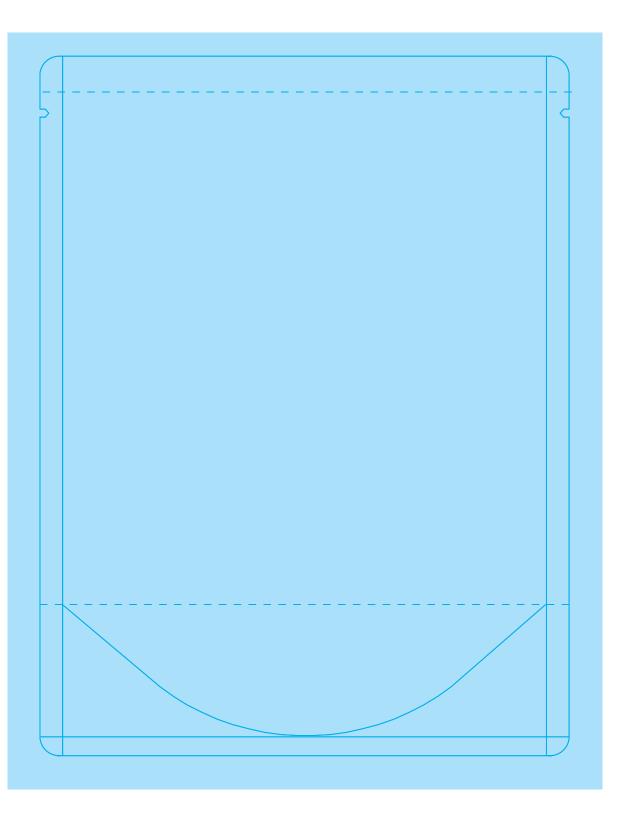






Substrate: Plastic Finish: Matte N/A Additional info:





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Colours:



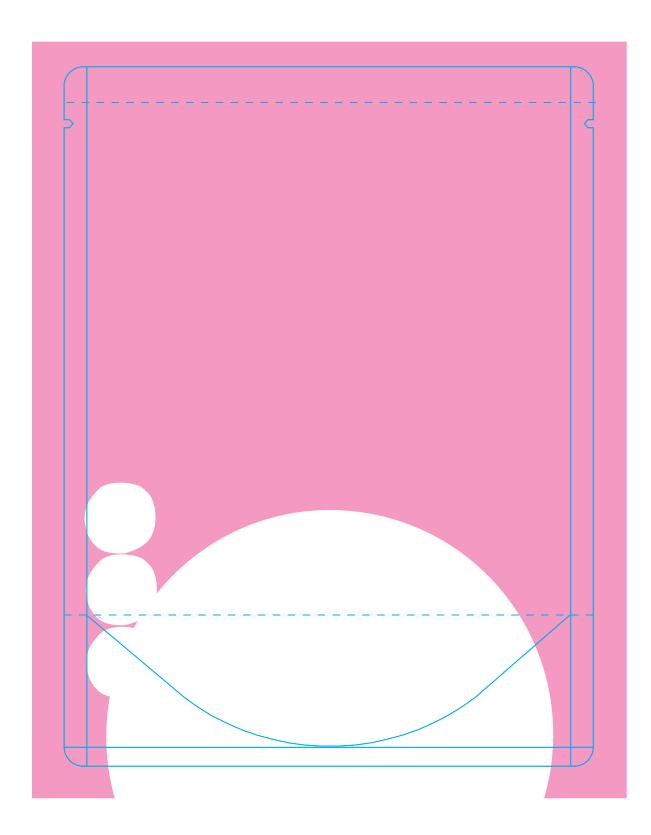


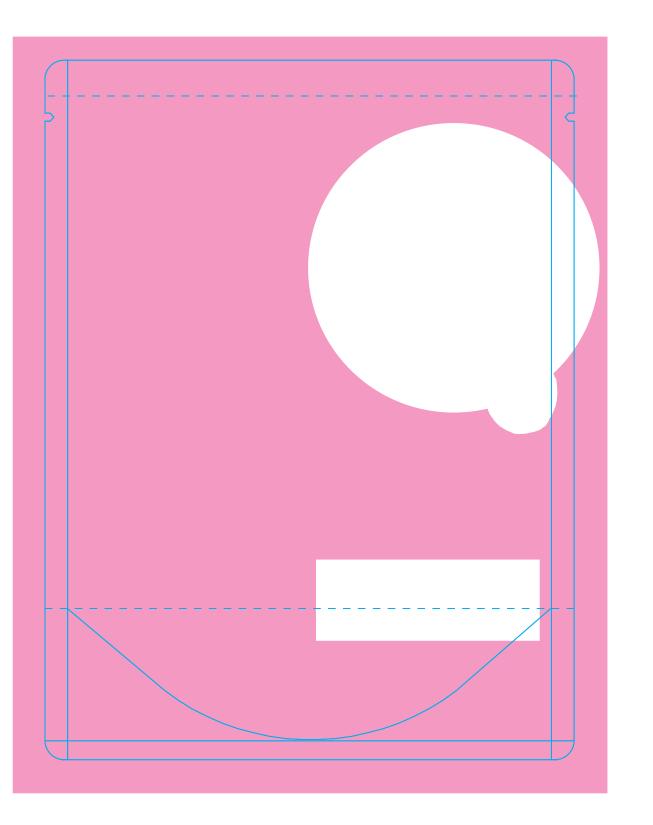
Artworker:



White

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





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