

PLEASE DON'T READ THIS... IF CHANGE MAKES YOU ANGRY

WE'RE PART OF THE **GENEROUS REVOLUTION** AND ALL OUR
FOOD IS **DELICIOUSLY HEALTHY, BETTER FOR THE ENVIRONMENT**
AND **FAIRER TO FARMERS. WE'RE HERE TO CHANGE THE WORLD.**

SEARCH

GENEROUS REVOLUTION

TO FIND OUT HOW.



Serving
suggestion.

LOVE ME HOT, LOVE ME COLD

But first, squeeze my grains to separate.

MICROWAVE: Tear my top gently (2cm) and heat me quickly:
90 secs @ 900W / 2 mins @ 700W. Fork me to fluff me.

PAN FRY: Pour me into a pan with 1 tbsp of oil and stir over a
medium heat for 2 mins. Mmmm!

COLD: Rip my top off, get stuck in.

ONCE OPEN: Keep me in the fridge and devour within 3 days.

MORE INSPIRATION AT QUINOLA.COM

SPICY MEXICAN QUINOA

INGREDIENTS Cooked Organic White Quinoa (Water, Quinoa) 68%, Organic Tomatoes 16%, Organic Vegetables (Sweetcorn, Adzuki Beans, Red Peppers) 13%, Organic Sunflower Oil, Organic Cayenne Hot Pepper, Organic Onion Powder, Organic Cumin, Sea Salt, Organic Garlic Powder, Organic Turmeric, Natural Flavouring.

NUTRITION INFORMATION	PER 100G	PER PORTION
Energy	611kJ / 145kcal	764kJ / 181kcal
Fat	3.5g	4.4g
Of which saturates	0.4g	0.5g
Carbohydrates	21.9g	27.4g
Of which sugars	2.8g	3.5g
Fibre	4.1g	5.1g
Protein	4.5g	5.6g
Salt	0.30g	0.38g

*Reference intake of an average adult
8400kJ/2000kcal

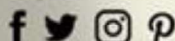
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JOIN THE
GENEROUS
REVOLUTION
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CAST ASIDE THE RICE LET ME DANCE ACROSS YOUR TONGUE.

With a chilli touch that tingles but never makes you tremble,
I'm a full-on fiesta of Mexican flavour. Packed with
sweetcorn, red beans and tomatoes I'm here to party. And
always allergen-free! **LET'S DANCE!**

WHERE DID I COME FROM?

My quinoa is from the Altiplano in Peru.

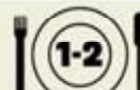
Quinola knows the farmers (and their families)
who grew the grains in my pack.



Best before date / Lot number:



FR-BIO-01
EU/NON-EU AGRICULTURE



Store in a cool dry place.
Packed in modified
atmosphere.
Manufactured in France.

250g e