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CMYK

PMS 1655

White

SPOT Varnish

Cutter Guide

Client :
Date:
File Name:
Artworker:
Account Manager:
Print Process:
Substrate:
Finish:

MERCHANT GOURMET
01/12/20
MG GLORIOUS GRAINS 250G
Lee Brooklyn
Caroline / Nyree
Gravure
Plastic
Matt

GLORIOUS GRAINS

with Red Rice & Quinoa

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 nutritious mix of cooked wheatberries, red rice, freekeh, black barley and quinoa. Our Glorious Grains have been simply cooked with water and a dash of olive oil. Add them to salads and stir fries for a delicious, nutty flavour.

good to know

✓ Source of protein

✓ Source of fibre

✓ Low in saturated fat

Nutrition information:

Nutritionals per 100g (as sold)

Energy kJ/kcal

768/182

Fat

2.8g

of which saturates

0.5g

Carbohydrate

32g

of which sugars

0.7g

Fibre

4.0g

Protein

5.5g

Salt

0.04g

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 hearty, simple and filling plant-based broth, sweat your favourite veggies in a pan then bring to the boil with veg stock and chopped herbs of your choice. Stir through the Glorious Grains to give texture and body. Enjoy!



Find more recipes at merchant-gourmet.com

Best before end:

Say hello!



Merchant Gourmet,
2 Rollins Street,
London, SE15 1EW

250g e

Serves 2
(125g per serving)

Appetite for change
recycle scheme

Find out how to recycle
this pouch on our website.



5 018095 196596 >



LEAVE NO
PLASTIC
UNRECYCLED



CER046



PFGLOR02

GLORIOUS GRAINS

with Red Rice & Quinoa

Simply Cooked



ENERGY

228 KJ/KAL

5% OF AN ADULT'S REFERENCE INTAKE

FAT

3.5g

5%

SATURATES

0.2g

4%

SUGARS

0.9g

1%

SALT

0.05g

<1%



PROTEIN

SOURCE OF




MERCHANT


GOURMET

Plant-based Simplicity


CLEAR WINDOW




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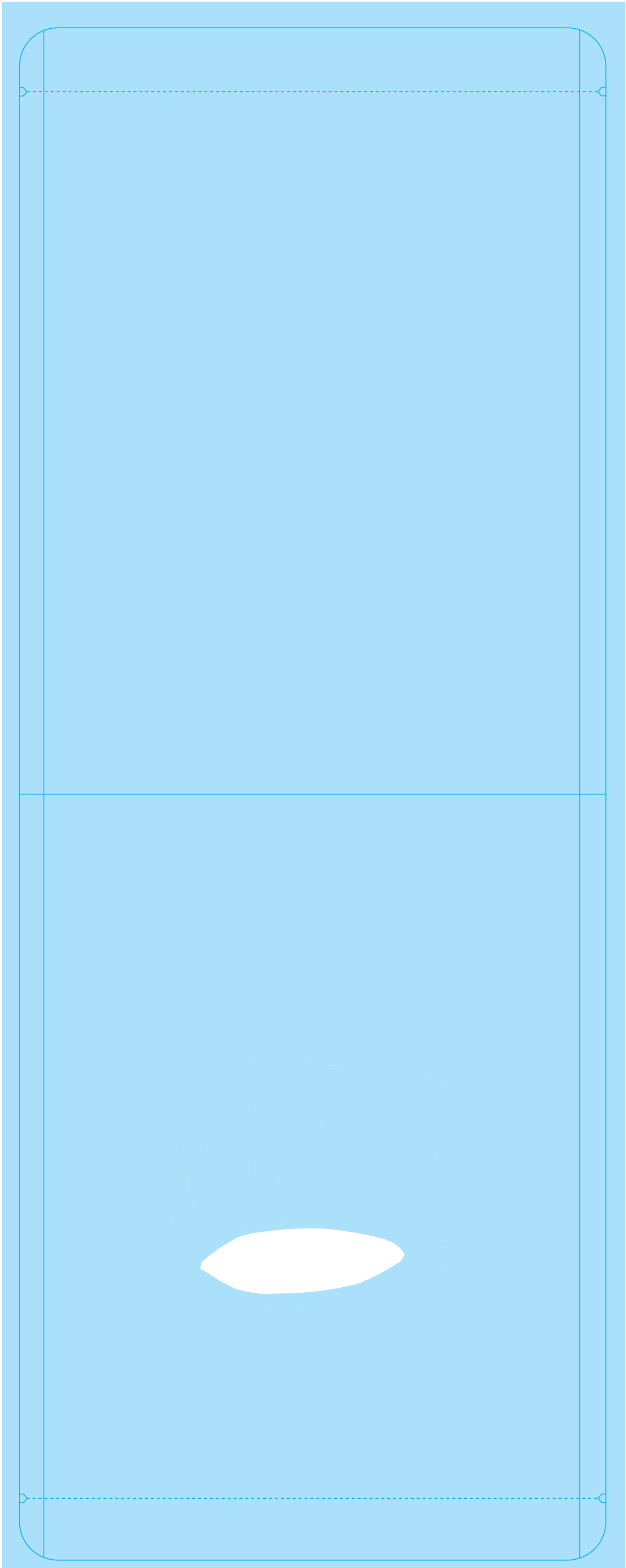


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