

Clearspring ORGANIC QUINOA TRIO

with Italian extra virgin olive oil & sea salt

GLUTEN
FREE

READY IN 90 SECONDS



Serving suggestion

Vegan
Source of Fibre
Source of Protein
Low in Saturated Fat

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FREE

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A colourful mix of organic white, red and the more rare black quinoa which is very easy and quick to prepare. These versatile grains are conveniently packed in a microwaveable pouch for maximum freshness and flavour. Seasoned with Italian extra virgin olive oil and unrefined Mediterranean sea salt, these delicious grains can be eaten hot or cold. Enjoy on their own, in stir-fries and salads or as a nutritious side dish.

Preparation: [Makes 1-2 servings]

Microwave: 1. Remove pouch from the cardboard sleeve. 2. Make a small tear in the top of the pouch. 3. Heat on full power for 90 seconds (time may vary depending on microwave). 4. Open pouch, squeeze the grains onto a plate and fluff with a fork. Take care when handling the pouch as the contents will be hot!

On the hob: 1. Remove pouch from the cardboard sleeve. 2. Open pouch and squeeze the grains into a non-stick pan. 3. Add 2 tbsp. of water. 4. Heat gently for 2-3 minutes stirring occasionally. ...or can be eaten cold straight out of the pack.

Ingredients: Water, white quinoa* (31%), red quinoa* (8.9%), black quinoa* (5%), extra virgin olive oil* (2%), sea salt (0.9%). *organically grown

- Source of Fibre • Source of Protein
- Low in Saturated Fat • Vegan

Packaged in a protective atmosphere
STORE IN A COOL, DRY PLACE
Once opened keep refrigerated and consume within 2 days
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Best before: see (E)

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