

maize & rice lasagne



Oven baked lasagne is one of my favourite comfort foods. Will you make a classic meat lasagne or a aphnach, cheese and mushroom bake? For more recipe please visit freee-foods.co.uk

Maie
FOUNDER, FREEE

LASAGNE tips

- Use plenty of sauce so that it can be absorbed when your lasagne bakes
- Allow cooked lasagne to stand for 5 minutes and it will be easier to serve



freee foods
freee-foods.co.uk



FREE FROM GLUTEN & EGG

maize & rice lasagne

organic & vegan

READY TO USE



Die-cut window area

NO NEED TO PRE-COOK

MADE IN ITALY

Barcode
Scan to check if the product has been
delivered with special hygiene



CODIFICA



EN

GLUTEN FREE LASAGNE
Maize & Rice Lasagne

Ingredients:

Maize flour 55%, rice flour 45%,
Oyster protein,
Maize & Rice with E11 (Maize Oil)
Maize & Rice

Serving:

Store in cool dark place,
use by end of shelf life

Preparation instructions:

Unfrozen, 200g pack
unfrozen, 200g pack
see back of pack

PER 100g

Typical values	Per 100g	Per 200g
Energy	407	814
Protein	15.5g	31.0g
Fat	1.1g	2.2g
Carbohydrate	30.0g	60.0g
Fiber	1.1g	2.2g
Salt	0.1g	0.2g

Cooking:
Cook in a deep oven dish and fill with
deliciously hearty meat sauce, pasta
and more. Baking with a cover
helps to keep the lasagne moist and
tender. Bake in an oven pre-heated to
180°C (350°F) for 40-45 minutes.



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