

MERCHANT

GOURMET

Merchant Gourmet Limited, 1-7 Beaufort Road, Chelmsford, CM2 6ZJ

www.merchant-gourmet.com

File name:

Mediterranean-style 250g

Date:

25-04-22

Version:

4

Artworker:

Louise

Colours:

CMYK

Pantone 2129 C

White

Matt Varnish

Substrate:

Plastic

Finish:

Matte

Additional info:

N/A

NEW RECIPE

MERCHANT

GOURMET

SOURCE OF FIBRE

Moreish

MEDITERRANEAN-STYLE

Grains with Tomato & Olive

ENERGY 785 KJ 186 KCAL 9%

FAT 3.4g 5%

SATURATES 0.8g 4%

SUGARS 4.8g 4%

SALT 1.2g 19%

% OF AN ADULT'S REFERENCE INTAKE

(TYPICAL VALUES PER 100g: ENERGY 628KJ/149KCAL)

REFERENCE INTAKE OF AN AVERAGE ADULT (8400KJ/2000KCAL)

Vegetarian Society

Vegan

APPROVED

250g e

Serves 2 (125g per serving)

APPROVED

Vegetarian Society

Merchant Gourmet Ltd, 4 Wildflower Way,
Boucher Road, Bellas, BT12 6TA

Freepost Merchant Gourmet Limited, London

Merchant Gourmet UK

Find out how at
merchant-gourmet.com

RECYCLE ME!

@merchantgourmet

Find out how at
merchant-gourmet.com

0562151600561

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BEST BEFORE END
AND BATCH CODE

CEB360

PRMDD102

Best before:

Once opened, refrigerate and eat within 3 days.

Storage:

Store in a cool, dry place.

Once opened, refrigerate and eat within 3 days.

0.33g

3.7g

3.0g

3.0g

2.9g

0.6g

2.7g

628/149

of which saturates

of which sugars

Carbohydrate

Protein

Salt

Ingredients:

Cooked Wheatberries (33%),
Wheat (17%), (Wheat, Freckles), Cooked Long
Grain Brown Rice (17%), (Wheat) Long Grain
Brown Rice), Rice (8%), Onion, Black
Olive (4.0%), (Black Olive, Salt, Stabiliser
[Ferrous Gluconate]), Tomato Paste (4.0%), Olive
Oil, Tomato Powder (2.0%), Garlic Puree, Basil,
Lemon Juice, Salt, Cornflour, Colour (Paprika
Extract), Parsley, Thyme, Dried Oregano.

Allergens:

For allergens, see ingredients in bold
containing gluten, see ingredients in bold

Microwaves:

Squeeze the pouch to
loosen the grains. Heat 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 with a dash of water.

Heating instructions:

Can be enjoyed hot or cold.

Serving ideas:

For a quick and vibrant ratatouille,
saute chopped red onion, garlic, aubergine, courgette
and peppers until soft. Add tinned tomatoes, balsamic
vinegar, water and the grains. Leave to simmer, then
serve with torn basil and a drizzle of olive oil.

Heating instructions:

Can be enjoyed hot or cold.

Scan for
recipes

Scoring suggestion

COOK HERE

MEDITERRANEAN-STYLE

Grains with Tomato & Olive

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Colours:



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