



ORGANIC
SPELT
LASAGNE SHEETS
SEMI-WHOLEGRAIN



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(GB) ORGANIC SPELT LASAGNE SHEETS

Ingredients: Spelt **Wheat** Flour*, Water.
* = Certified Organic Ingredients.
For **a**llergens, including cereals containing **gluten**, see ingredients in **bold**. Not suitable for **soya** or **mustard** allergy sufferers due to manufacturing methods.

(D) BIO DINKEL LASAGNE

Zutaten: Dinkel**weizenmehl***, Wasser. * = aus kontrolliert biologischem Anbau. Für Allergene und Getreide mit **Gluten** siehe **fett** gedruckte Zutaten. Aufgrund von Produktionsmethode nicht geeignet für **Soja** oder **Senf** Allergiker.

(F) PÂTE ALIMENTAIRE À BASE D'ÉPEAUTRE BIOLOGIQUE POUR LASAGNE

Ingédients: farine de **blé** d'épeautre*, eau. * = issus de l'agriculture biologique. Pour les **a**llergènes, y compris les céréales contenant du **gluten**, voir ingrédients en caractères **gras**. Suite aux méthodes de fabrication, ne convient pas aux personnes souffrant d'une allergie aux **soja** ou **mustarde**.

(FIN) LUOMU SPELT PASTA

Ainekset: Speltti**vehnä**jauho*, vesi.
* = kontrollitu luomutuote. Tuote sisältää **gluteenista** viljaa, katso vahvistettu **teksti**. Tämän tuotteen valmistustapa ei sovi **soijaa** tai **sinappia** allergisille.

(ØK/N) ØKOLOGISK SPELT PASTA

Ingredienser: Spelt **hvetemel***, vann.
* = fra godkjent økologisk landbruk. Allergener, inkludert **gluten**, er merket med **fet** tekst. Passer ikke for **soya** eller **sennepe** allergikere på grunn av produksjonsprosessen.

(NL) BIOLOGISCHE DEEGWAAR OP BASIS VAN SPELT VOOR LASAGNE

Ingrediënten: Spelt**tarwemeel***, water.
* = van gecontroleerde biologische landbouw.
Voor de **a**llergenen, inclusief granen die **gluten** bevatten, zie ingrediënten in het **vet** weergegeven. Ten gevolge van de bereidingsmethodes, niet geschikt voor mensen met een **soja** of **mosterd** allergie.

250ge
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• source of fibre • source of protein

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Spelt is an ancient type of wheat rediscovered and appreciated now for its delicious nutty flavour. Using only spelt semolina and drying at a low temperature, we create pasta of exceptional texture and flavour.

(GB) **Baking time:** At 180°C approx. 40 – 45 minutes.
No pre-cooking required.

(D) **Bei** 180°C ca. 40 – 45 Minuten im Backofen backen.

(F) **Temps de cuisson:** 40-45 minutes dans un four préchauffé à 180°C.

(FIN) **Steketid:** 180°C i ca. 40-45 min.

(ØK/N) **Keittoaika:** 180°C n. 40-45 min. Ei tarvitse esikeittää.

(NL) **Kooktijd:** 40-45 minuten in een voorverwarde oven op 180°C.

Average Nutritional Values/ durchschnittliche Nährwerte/ valeur nutritionnelle moyenne pour/ keskimääräinen ravintoarvo/ voedingswaarde/ per 100g	
Energy/Energie/énergie/energia/energi/	1493kJ/352kcal
Fat/Fett/matières grasses/rasva/fett/vetten	1.8g
of which saturates/davon gesättigte Fettsäuren/ dont acides gras saturés/josta tyydyttyntä/ hvorav mettet fett/waarvan verzadigde vetzuren	0.3g
Carbohydrate/Kohlenhydrate/glucides/hiikhydraatit/ karbohydrater/koolhydraten	70g
of which sugars/davon Zucker/dont sucres/ josta sokereita/hvorav sukker/waarvan suikers	2.5g
Fibre/Balaststoffe/fibres alimentaires/ravintokuitu/ fiber/vezels	4.0g
Protein/Eiweiß/proteïnes/proteïni/protein/eiwitten	12g
Salt/Salz/sel/suola/salt/zout	0.00g

Best before end: see stamp/ Minstens houdbaar bis Ende: siehe Stempel/ A consommer de préférence avant le: voir impression/ Parasta ennen: katso leima/ Best før: se datostempel/ Ten minste houdbaar tot: zie stempel



IT-BIO-023
EU Agriculture
EU Landwirtschaft
Agriculture UE
EU maatalous
EU jordbrug
EU Landbouw



250ge
Country of origin: Italy



Box PAP21 - Please recycle
Window PP5 - Check locally

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Recipe: Lasagne with Oven Roasted Vegetables (Serves 6)

Ingredients

- 2 small aubergines(1.5cm chunks)
- 2 red onions (cut into wedges)
- 2 red peppers (cut into chunky strips)
- 4 finely chopped garlic cloves
- 450g sliced courgettes
- 225g Biona Lasagne Sheets
- 50g grated Parmesan/vegan alternative
- 125g grated cheddar cheese/vegan alternative
- 5 tbsp olive oil

For the sauce

- 1 chopped red onion
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tbs Biona Extra Virgin Olive Oil
- 900ml Biona Passata Fina
- Salt and pepper to taste

Method

1. Preheat the oven to 220°C/fan200°C/gas 7. Mix the aubergines, onions, peppers, courgettes, garlic, 5 tablespoons of the oil and a little seasoning in a bowl. Transfer to a large roasting tin and roast for 30 minutes, or until soft.
2. Remove the roasted veg from the oven. Lower the oven to 200°C/fan180°C/gas 6. Prepare the tomato sauce: Sauté onions, olive oil and herbs in a pan till golden brown. Add the Passata Fina, seasoning and cook for 5 minutes. Remove from the heat. Mix Parmesan and Cheddar cheese together and set aside.

To assemble

Spoon a thin layer of sauce over the base of an oil brushed 2.4 Litre shallow ovenproof dish. Place 4 Biona lasagne sheets in the dish and top with half the vegetables, then one-third of the tomato sauce followed by half of the cheese mix. Cover again with 4 sheets of lasagne and remaining vegetables. Top with remaining 4 lasagne sheets, add the remaining sauce and sprinkle with remaining cheese mix. Bake for 40 minutes until golden and bubbling.

www.biona.co.uk

Biona, 6a Lower Teddington Rd, Kingston, KT1 4ER, UK
Biona, Turfsteker 6, 8433 HT, Haulerwijk, Netherlands

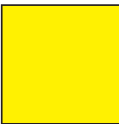
PRINT COLOR



Cyan



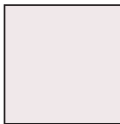
Magenta



Yellow



Black



PMS
9345 C