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> SPOT Varnish

CMYK PMS 1788

Cutter Guide

Date: 20/01/20

Artworker: Lee Brooklyn

Account Manager: Caroline / Nyree Print Process: Gravure Substrate: Plastic Finish: Matt

Client: MERCHANT GOURMET

File Name: MG SPICY MEXICAN STYLE GRAINS 250G

MEXICAN-STYLE

Grains

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 spicy mix of long-grain rice, quinoa and adzuki beans, cooked with smoked paprika and jalapeño peppers.

good to knowLow in saturated fatSuitable for vegans

$Nutrition\ information:$

Nutritionals per 100g (as sold) Energy kJ/kcal 691/164 Fat 2.6gof which saturates 0.5gCarbohydrate 30g of which sugars Fibre Protein 3.7gSalt

Ingredients: Cooked Long-Grain Rice (43%) (Water, Long-Grain Rice), Sweetcorn (18%), Cooked Red Quinoa (17%) (Water, Red Quinoa), Adzuki Beans (8%), Chilli Paste (Sugar, Red Pepper Juice, Molasses, Tomato Purée, Water, Salt, Jalapeño Powder, Smoked Paprika Powder, Onion Salt, White Wine Vinegar, Cayenne Powder, Garlic Salt), Roquito® Sauce (Red Roquito® Jalapeño Peppers, Red Bell Peppers, Sugar, Cane Vinegar, Tomato Paste, Sunflower Oil, Garlic, Thickener: Xanthan Gum, Onion, Ginger), Olive Oil, Salt, Chilli Flakes, Smoked Paprika.

Storage: Store in a cool, dry place. Once opened, refrigerate and eat within 3 days.

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.

tear here 📥

a recipe for change

For a quick and simple plant-based burrito bowl, load up the Mexican-Style Grains with refried beans, sweetcorn, chopped red pepper and beetroot. Serve with fresh guacamole and enjoy!



Find more recipes at merchant-gourmet.com

Best before end:

Say hello!



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



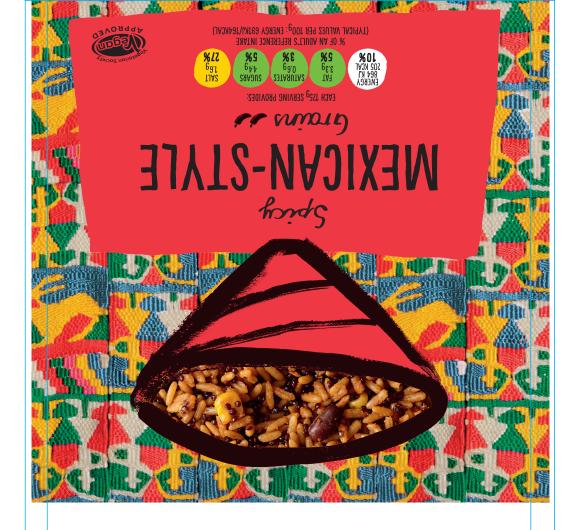
Serves 2 $(125g\ per\ serving)$



Appetite for change recycle scheme Find out how to recycle

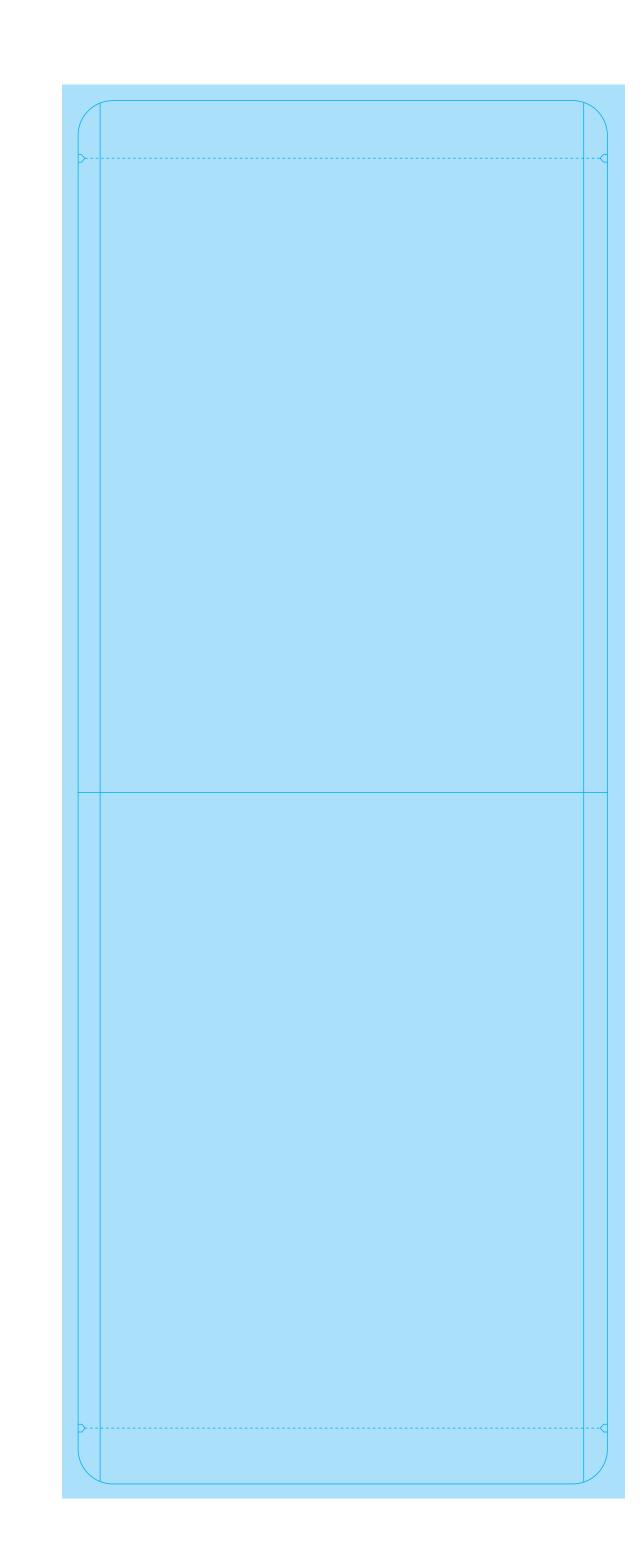






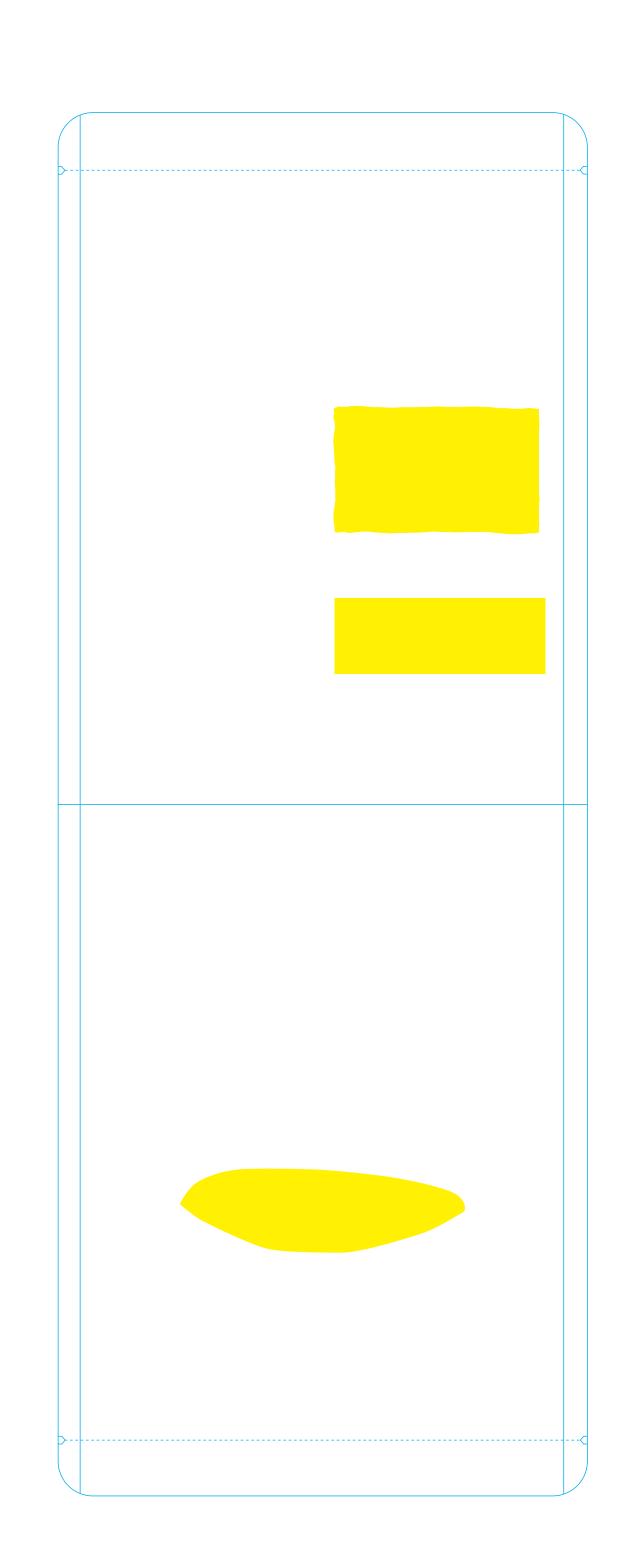
CONBWEL NEKCHYNL

Plant-based Simplicity





Substrate: Plastic Finish: Matt





Artworker: Lee Brooklyn

Account Manager: Caroline / Nyree

Print Process: Gravure

Substrate: Plastic

Finish: Matt