

Grains

tear here

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 mix of wheatberries, black barley and edamame beans with red pepper cooked in a spicy gochujang-style paste.

good to know

- ✓ Source of protein
- ✓ Low in fat

Nutrition information:

Nutritionals per 100g (as sold)

Energy kJ/kcal	669/159
Fat	2.8g
<i>of which saturates</i>	0.5g
Carbohydrate	25g
<i>of which sugars</i>	2.4g
Fibre	4.2g
Protein	6.4g
Salt	0.43g

Ingredients: Cooked Wheatberries (66%)
(Water, **Wheatberries**), Cooked Black **Barley**
(12%) (Water, Black **Barley**), Edamame Beans
(**Soya**) (8%), Red Pepper (7%), Gochujang Style
Paste (5%) (Glucose Syrup, Water, Salted Black Beans
(Black **Soy** Beans, Salt), Fructose, Concentrated Red
Pepper Juice, **Soy** Sauce Powder (**Soy** Sauce (**Soy**
Beans, Salt, Spirit Vinegar), Maltodextrin, Salt),
Sugar, Rapeseed Oil, Onion Powder, Concentrated
Onion Juice, Tomato Powder, White Wine Vinegar,
Ground Cayenne, Salt, Acidity Regulator: Acetic
Acid, Colour: Paprika Extract, Rice Flour), Olive
Oil, **Soy** Sauce (Water, Salt, Colour: Plain Caramel,
Sugar, **Soy** Beans, **Wheat**).

For allergens, including cereals containing gluten, see ingredients in **bold**.

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

Say hello!



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

250g e

Serves 2
(125g per serving)

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.

a recipe for change

For a quick and simple spicy Korean-style salad, mix Korean-style Grains with shredded cabbage, grated carrot, sliced spring onions and red peppers. Stir through a dressing of grated ginger, soy sauce, gochujang paste, sesame oil, rice vinegar and brown sugar. Mix well, top with sesame seeds and coriander. Serve and enjoy!



Find more recipes at merchant-gourmet.com

Best before end:



Appetite for change
recycle scheme

Find out how to recycle
this pouch on our website.



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CMYK

White

SPOT Varnish


- Cutter Guide

Client : MERCHANT GOURMET
Date: 09/04/21
File Name: MG KOREAN STYLE 250G 2021
Artworker: Lee Brooklyn
Account Manager: Michaela
Print Process: Gravure
Substrate: Plastic
Finish: Matt

MERCHANT GOURMET

Plant-based Simplicity






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White



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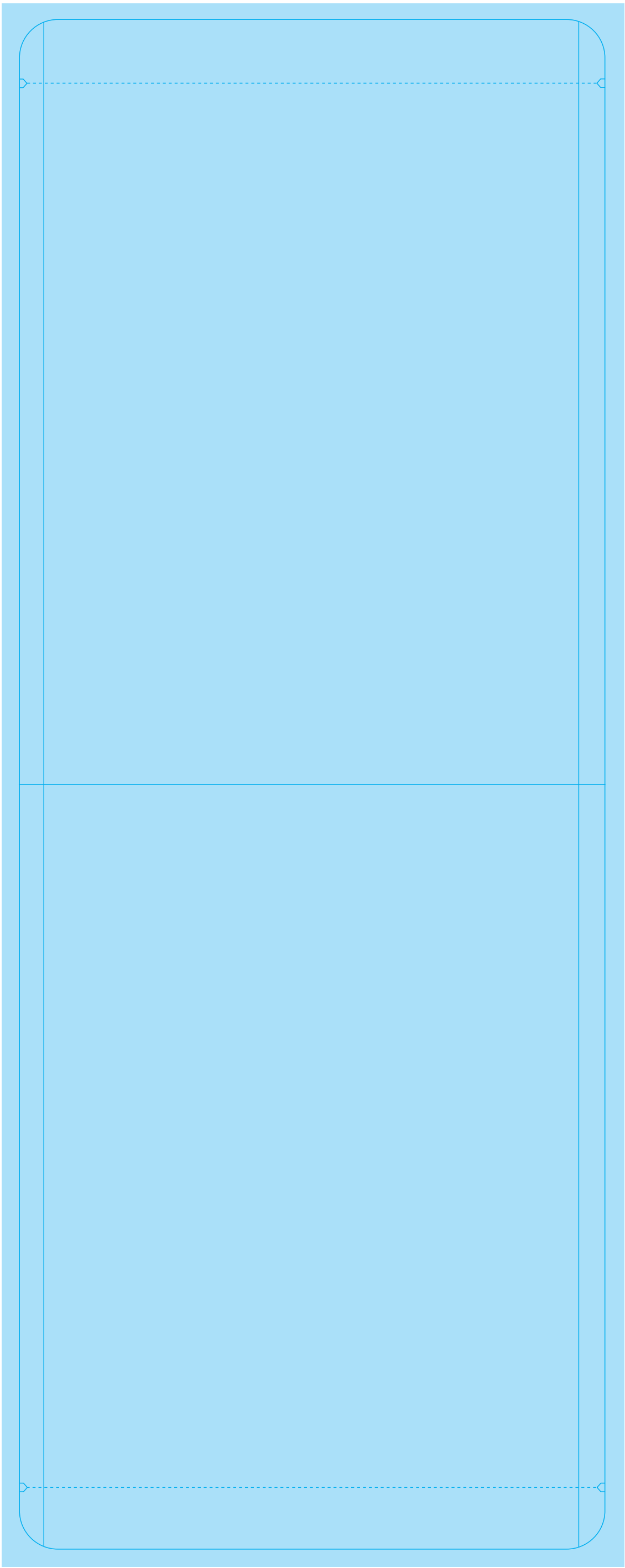
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