

RED LENTIL ORZO ORGANIC

Ingredients: Red Lentil Flour*. * = Certified Organic Ingredients. Not suitable for **egg** or **soya** allergy sufferers due to manufacturing methods.

Storage: store in a cool and dry place

Best before: see side

AVERAGE NUTRITIONAL VALUES PER 100G

Energy	1487kJ/351kcal
Fat	1.8g
of which saturates	0.6g
Carbohydrate	55g
of which sugars	1.5g
Fibre	5.4g
Protein	26g
Salt	0.02g



DE-ÖKO-006
EU Agriculture



Cooking Instructions: Bring water & a touch of salt to the boil (1l of water for every 100g of orzo). Add orzo & simmer for 5-6 mins, stirring occasionally. Drain & serve.



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250g e

Profusion, 6a Lower Teddington Road, Kingston, KT1 4ER, UK
Profusion, Turfsteker 6, 8433 HT, Haulerwijk, NL
www.profusionorganic.co.uk