

MERCHANT

GOURMET

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

www.merchant-gourmet.com

File name:

Mediterranean-style 250g

Date:

06-01-22

Version:

4

Artworker:

Aisha

Colours:

CMYK

Pantone 318C

White

Spot Varnish

Substrate:

Plastic

Finish:

Matte

Additional info:

N/A

MEDITERRANEAN-STYLE

Grains with Tomato & Olive

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 moreish mixture of cooked freekeh and wheatberries with red pepper, tomatoes and green olives flavoured with herbs and spices, inspired by the Mediterranean cuisine.

good to know

✓ Source of protein

✓ High in fibre

✓ Low in saturated fat

Nutrition information:

Nutrition per 100g (as sold)

Energy kJ/kcal

582/139

Fat

4.4g

of which saturates

0.7g

Carbohydrate

17g

of which sugars

1.4g

Fibre

6.4g

Protein

4.5g

Salt

1.20g

Ingredients:

Cooked Freekeh (Wheat) (39%) (Water, Freekeh), Cooked Wheatberries (22%) (Water, Wheatberries), Red Pepper (7%), Onions, Tomatoes (6%), Red Pepper Paste (4.5%) (Red Pepper Purée, White Wine Vinegar, Sunflower Oil, Salt), Green Olives (4.0%) (Green Olives, Salt), Tomato Paste, Olive Oil, Garlic Purée, Flavouring, Dried Oregano, Thyme, Yeast Extract Powder, Paprika Powder, Salt, Dried Basil, Parsley, Colour: Paprika Extract; Stabiliser: Guar Gum.

Allergens:

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.

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 simple and fresh salad, blitz up some bread with grated garlic, a splash of olive oil, oregano, salt and pepper into breadcrumbs and bake until golden brown. Layer up the Mediterranean-Style Grains with sliced heritage tomatoes and then top with fresh basil leaves and the fragrant breadcrumbs. Serve and enjoy!

Find more recipes at merchant-gourmet.com

Best before end:

@MERCHANTGOURMET

Merchant Gourmet UK

Freepost Merchant Gourmet Limited, London

Merchant Gourmet EU, 4 Wildflower Way,

Boucher Road, Belfast, BT12 6TA

250g e

Serves 2

(125g per serving)

USE OR RECYCLE

WHEAT

Appetite for change
recycle scheme

Find out how to recycle
this pouch on our website.

5 018095 012551 >

CER358

PFCRCH01

APPROVED

Vegetarian Society

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

(TYPICAL VALUES PER 100g: ENERGY 582KJ/139KCAL)

% OF AN ADULT'S REFERENCE INTAKE

9% ENERGY 728 KJ 174 KCAL

8% FAT 5.5g 1.0g

4% SATURATES 0.9g 1.8g

2% SUGARS 1.4g 2.5g

25% SALT 1.20g 2.5g

EACH 125g SERVING PROVIDES:

Moreish

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HIGH IN FIBRE

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Plant-based Simplicity

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Colours:

