MERCHANT

Merchant Gourmet Limited. 1-7 Beaufort Road, Chelmsford, CM2 6ZJ $www.merchant\hbox{-}gourmet.com$

Mediterranean-style 250g File name: 06-01-22 Date:

4 Version: Aisha Artworker:

Colours:













Plastic Substrate: Matte Finish: N/A Additional info:

MEDITERRANEAN-STYLE

Grains with Tomato & Oline

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) 582/139 Energy kJ/kcal 4.4g of which saturates 0.7g Carbohydrate 17g of which sugars Fibre 6.4gProtein 4.5g

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



Find more recipes at merchant-gourmet.com

Best before end:

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Merchant Gourmet UK Freepost Merchant Gourmet Limited, London Merchant Gourmet EU, 4 Wildflower Way, Boucher Road, Belfast, BT12 6TA

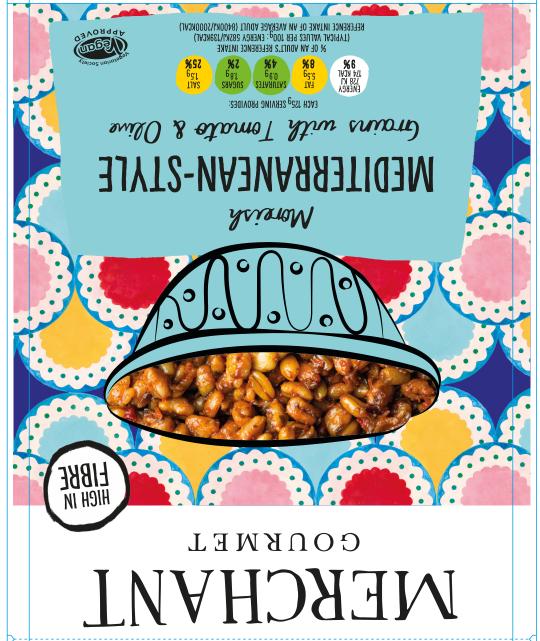
250ge Serves 2 (125g per serving)



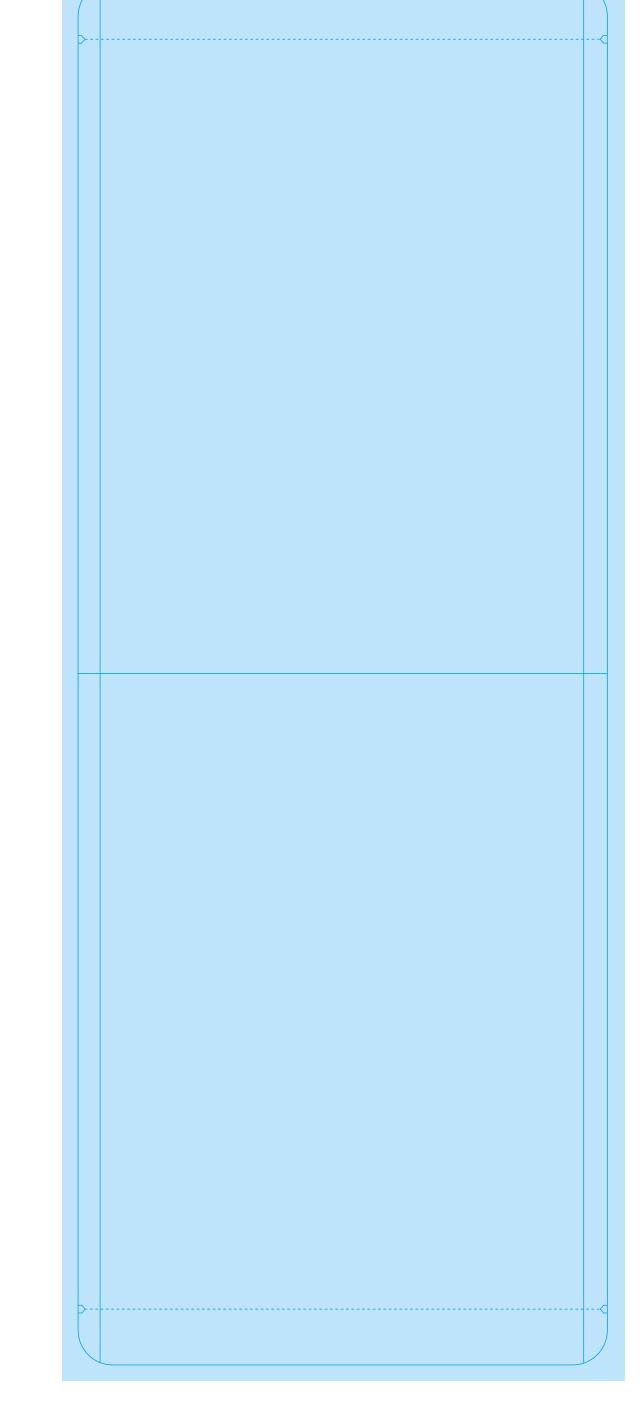
Appetite for change recycle scheme
Find out how to recycle







Plant-based Simplicity





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CMYK





White





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