SOUDURES

366mm

128mm

SUN-DRIED TOMATOEY

Mixed Grouns

sun-dried tomato sauce and fragrant herbs. Join us on our mission by enjoying this blend of wheatberries and bulgur wheat, flavoured with a We have an appetite for change, to help save the planet one delicious plant-based meal at a time.

simple to propose

at the top and microwave it for 45s at 900w, dash of water. Otherwise, tear a 2cm opening Squeeze the pouch to loosen the grains.

For best results, heat through in a pan with a

or simply enjoy it cold.

VND BYLCH CODE BEST BEFORE END

est before end:

torn basil leaves, pine nuts and some and bake for a further 30 minutes. Top with Sun-dried Tomatoey Mixed Grains. Mix well tomatoes, a tsp of smoked paprika and the of chopped tomatoes, 4 quartered vine handful of chopped sun-dried tomatoes, I tin and salt then bake for 15 mins. Add a into chunky strips and drizzle with olive oil For a quick & tasty traybake, cut 2 aubergines a recipe for change

plant-based yoghurt. Serve and enjoy!

Merchant Gourmet EU, 4 Wildflower Way, Boucher Road, Bettag, BT12 6TA

Appente for change recycle referent Mad out how to recycle this pouch on our website.

(110g per serving) 95025

Merchant Gourmet UK Freepost Merchant Gourmet Limited, London

 $\textbf{Storage:} \ \ \text{Store in a cool, dry place.} \ \ \text{Once opened,} \\ \text{refrigerate and eat within 3 days.}$

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

Powder (1.0%), Onion Powder, Basil (0.4%), Oregano (0.4%), Salt. Flavourings, Black Pepper, Ground Rosemary) Tomato Purée (2.0%), Rapeseed Oil, Tomato

Purée, Rapeseed Oil, Salt, Sugar, Sun-dried Tomato Powder, Water, Onion Powder, (Tomato Purée, White Wine Vinegar, Garlic Tomatoes, Sun-dried Tomato Paste (2.3%)

Wheat (23%), (Water, Bulgur Wheat), (Water, Wheatberries), Cooked Bulgur Ingredients: Cooked Wheatberries (64%)

82.9 Protein

g∂.4 Fibre g7.1 swans dzidw to Carbohydrate g4.0of which saturates

Епетду кј/ксај 941/844 (blos sa) 2001 rad noisirtuV. Nutrition information:

✓ Low in saturated fat Source of fibre

V Source of protein

ward at book

Pantone 143 C

White

Sun-dried Tomatoey 210g

MERCHANT

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

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Aisha

10-05-22

OPAC White

Plastic Matte N/A

White 2 Substrate: Finish: Additional info:

File name:

Date:

Version:

Colours:

CMYK

Artworker:

183mm

Plant-based Simplicity

GOURMET

Sun-dried

Mixed Grains

% OF AN ADULT'S REFERENCE INTAKE (TYPICAL VALUES PER 100g: ENERGY 743KJ/176KCAL)

DÉCOUPE SACHET→||1,5 mm

183mm

40mm

40mm







