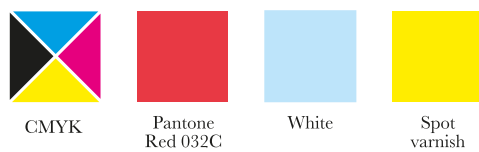


Merchant Gourmet Limited.
The Greenhouse, Unit 10-12 Queen Elizabeth Street, London SE1 2JE
www.merchant-gourmet.com

File name:	Red and White Quinoa 250g
Date:	08-08-22
Version:	3
Artworker:	Aisha

Colours:



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

QUINOA

Red & White

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 red and white quinoa, which has been simply cooked with water and a dash of olive oil. Quinoa has a light, fluffy quality which works perfectly as an ingredient in plant-based burgers and is great for adding texture and flavour to salads.

good to know

- ✓ Source of protein
- ✓ Source of fibre

Nutrition information:

Nutrition per 100g (as sold)

Energy kJ/kcal	774/184
Fat	3.2g
<i>of which saturates</i>	0.4g
Carbohydrate	31g
<i>of which sugars</i>	1.2g
Fibre	4.0g
Protein	5.8g
Salt	0.01g

Ingredients: Cooked White Quinoa (81%) (Water, White Quinoa), Cooked Red Quinoa (18%) (Water, Red Quinoa), Olive Oil.

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 quick and simple salad, chop some watermelon, plant-based Greek-style cheese and cucumber into small bite-sized cubes and toss in a large bowl with the quinoa, then mix well. Top the salad with a glug of olive oil, lime juice, chopped mint and sea salt, stir well, serve and enjoy!



Serving suggestion

Find more recipes at merchant-gourmet.com

Best before end:

BEST BEFORE END
AND BATCH CODE

@MERCHANTGOURMET

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
this pouch on our website.



CER007



PFQUIN03



SOURCE OF PROTEIN

GOURMET

MERCHANT

Plant-based Simplicity

CLEAR WINDOW

