Spinach Mediterranea



2025 British Frozen Food Awards winner!

Our Spinach Mediterranea is a carefully crafted blend of tender spinach, cherry tomatoes, grilled red and yellow peppers, and grilled onions. Enhanced with a delicate mix of sunflower and olive oils, basil, and aromatic herbs and spices, it offers a burst of Mediterranean flavour in every bite.

Key Features:

- Mediterranean-inspired vegetable blend
- Frozen to preserve freshness and flavour
- Versatile ingredient suitable for a wide range of dishes

Perfect for:
Food service professionals seeking a premium vegetable mix to enhance menus with Mediterranean flair, combining flavour and convenience without compromising on quality.

Applications:

- **Mediterranean Pastas:** Incorporate into pasta dishes for an authentic Mediterranean touch.
- **Pizzas:** Use as a topping to add vibrant colour and flavour.
- **Warm Salads:** Mix into salads for a warm, hearty component.
- **Side Dishes:** Serve as a standalone side to complement various main courses.
- **Omelets and Frittatas:** Add to egg-based dishes for enhanced taste and visual appeal..

Spinach 48%, cherry tomato 17.5%, grilled red pepper 9.5%, grilled yellow pepper 9.5%, grilled onion 9.5%, sunflower oil, olive oil, basil, water, salt, tomato <2%, starch, spices, spice extract, herbs

Nutrition information (100g)

Energy 210kJ/50kcal

Preparation

Heat 1-2 tablespoons of vegetable oil in a frying pan. Put the desired quantity of frozen product in the frying pan and cook over medium heat, stirring frequently.

Fat 2.2g

Fat of which saturates 0.3g

Carbohydrate 3.7g

Carbohydrate of which sugars 2.7g

Fibre 2.9g

Protein 2.4g

Salt 0.84g

We preserve nature's gifts

Put the desired quantity of frozen product in a non-metallic microwaveable bowl, cover and cook, stirring occasionally.

Pour the mixture evenly spread on a baking tray and heat for 15-20 min in a preheated oven of 180°C.

Logistical information (euro pallet)



1.0kg

Item code: 10004790

Number and weight: 10x1.0kg

Layer/cartons (subject to modification): 7x9

GTIN CU: 5411361193556

GTIN SU: 05411361193563

Languages:

NL,FR;DE;UK;ES;PT;IT;DK;SE;NO;FI;GR