

Grilled courgette diced 20x20



NUTRITION INFORMATION (100G)

Energy: 134kj/32kcal

Fat: 0.6g

Fat of which saturates: 0.12g

Carbohydrate : 3.8g

Carbohydrate of which sugars: 3.3g

Fibre: 1.9g

Protein: 1.8g

Salt: 0.07g

PREPARATION



Place the frozen vegetables in boiling water and bring back to boil. Frozen vegetables do not need to be cooked for as long as fresh since they are par cooked. Drain and season to taste.



Heat 1 - 2 tablespoons vegetable oil in a frying pan. Put the desired quantity of product in the frying pan and cook at medium heat stirring well.



Put the desired quantity of product in a microwave bowl, cover and cook, stirring well.



LOGISTICAL INFORMATION (EURO PALLET)

10KG



Item code:	100244910
Number and weight:	1x10kg
Layer/Cartons:	8x9c
GTIN CU:	5411361012956
GTIN SU:	05411361012956
JD Edwards:	12480
Packaging:	Carton
Languages:	NL - F - D - UK - NL - F - D - UK - E

This product is available in piece picking (Excl. FR)