



Veggie mix Nordic style



Scandinavia's pure cuisine is winning over the world, and now you as well. Barley provides the necessary fibre, complemented by green vegetables such as spinach, green beans, peas, leeks and edamame soy beans. The finishing touch? A zesty lime dill sauce. Honest and delicious fare!

INGREDIENTS

Vegetables 67% (spinach with garlic (spinach, sunflower oil, garlic and salt), green beans, peas, leek, **soya** beans and fried onion (onion, sunflower oil)), **barley** (water and **barley**), sauce 12% (water, olive oil, onion, vegetables bouillon (vegetables and vegetables broth (carrot, leek, onion, garlic) white wine extract, salt, sunflower oil, spice extracts), rice flour, dill, salt, chive, garlic, lemon juice and spices).

NUTRITION INFORMATION (100G)

Energy: 473kJ/113kcal

Fat: 5.1g

Fat of which saturates: 0.7g

Carbohydrate : 11.3g

Carbohydrate of which sugars: 1.9g

Fibre: 3.2g

Protein: 3.8g

Salt: 0.51g



PREPARATION



Cook the frozen product in a steamer. Be careful to not overcook. Season to taste.



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



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

ALLERGENS

Gluten, Soy

LOGISTICAL INFORMATION (EURO PALLET)

1000G



Item code:	100268010
Number and weight:	10x1000g
Layer/Cartons:	7x9c
GTIN CU:	5411361117934
GTIN SU:	05411361117941
JD Edwards:	28052
Packaging:	Polybag
Languages:	NL - F - D - UK - E - P - IT - GR - DK - SE - SL - H

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