



# MEDITERRANEAN DISHES

Ready in just 3 minutes

## Casarecce alla Norma with FETA

A fine selection of ready-to-eat meals with the aim of saving time and energy for modern and busy people who don't want to compromise quality. Just heat and eat! Discover a whole range of homemade Mediterranean recipes, handcrafted by our experienced chefs with care and the highest quality ingredients.



## Casarecce alla Norma with FETA



**FULLY COOKED  
READY IN 3'**

WITH EXTRA  
VIRGIN OLIVE OIL  
—  
NO ADDITIONAL  
PRESERVATIVES  
AND ADDITIVES

Ingredients: 44% Cooked casarecce pasta (**wheat** semolina, water), tomato, eggplants, extra virgin olive oil, onion, 3,3% PDO feta **cheese**, salt, basil garlic, herbs, spices.

| Nutrition Declaration Per 100g |               | Per serving 300g | %RI* |
|--------------------------------|---------------|------------------|------|
| Energy                         | 707kJ/168kcal | 2121kJ/504kcal   | 25%  |
| Fat                            | 6,2g          | 18,6g            | 27%  |
| of which saturates             | 1,2g          | 3,6g             | 18%  |
| Carbohydrate                   | 22,9g         | 68,7g            | 26%  |
| of which sugars                | 1,6g          | 4,8g             | 5%   |
| Proteins                       | 4,5g          | 13,5g            | 27%  |
| Salt                           | 0,70g         | 2,10g            | 35%  |

\* RI (%) Reference Intake of an average adult 8400kJ/2000kcal

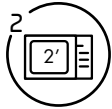
### Shelf life 45 days.

Keep refrigerated at temperature 1°C - 5°C  
After opening keep refrigerated and consume within 24 hours.  
Suitable for freezing. Defrost thorough before use.  
Once defrosted (in refrigerator) consume within 24 hours.

NET WT: 300ge | 1 PORTION



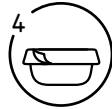
REMOVE  
THE LABEL



MICROWAVE  
[750W]  
FOR 2 MINUTES



ALLOW TO STAND  
FOR 1 MINUTE



REMOVE THE FILM  
AND ENJOY

**Before heating:**  
remove the label  
without removing or  
puncturing the film.

**During heating:**  
Any popping noises  
and steam inflation  
are normal.

**After heating:**  
Check food is piping  
hot. Allow to stand for  
one minute.

**Do not reheat  
once cold.**

**All cooking  
appliances vary.**

## Mediterranean Recipes

READY TO EAT IN 3 MINUTES.

[www.aegeangourmet.gr](http://www.aegeangourmet.gr)