



MEDITERRANEAN DISHES

Ready in just 3 minutes

Gemelli pasta with
CHICKEN AND MUSHROOMS
in Tomato Sauce

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.



Gemelli pasta with
CHICKEN AND MUSHROOMS
in Tomato Sauce



**FULLY COOKED
READY IN 3'**

WITH EXTRA
VIRGIN OLIVE OIL
—
NO ADDITIONAL
PRESERVATIVES
AND ADDITIVES

Ingredients: 30% Cooked gemelli pasta (**wheat** semolina, water), tomato, 16% chicken breast, 16% mushrooms, extra virgin olive oil, onion, white wine (grapes, antioxidant: **sodium metabisulfite**), salt, parsley, chicken stock (salt, glucose syrup, yeast extract, corn starch, chicken fat, spice extracts (contain **celery**), chicken extract (1%), onion powder, sugar, olive oil, garlic powder, spices), natural flavoring, garlic, herbs, spices. The product may contain traces of milk (lactose), egg, fish, mollusks and crustaceans.

Nutrition Declaration Per 100g		Per serving 300g	%RI*
Energy	903kJ/215kcal	2709kJ/645kcal	32%
Fat	9,4g	28,2g	40%
of which saturates	1,7g	5,1g	26%
Carbohydrate	22,8g	68,4g	26%
of which sugars	2,5g	7,5g	8%
Proteins	9,1g	27,3g	55%
Salt	1,35g	4,05g	68%

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

Shelf life 45 days.

Keep refrigerated at temperture 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 infation
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