



MEDITERRANEAN DISHES

Ready in just 3 minutes

Mushroom RISOTTO

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.



Mushroom RISOTTO



**FULLY COOKED
READY IN 3'**

WITH EXTRA
VIRGIN OLIVE OIL
—
NO ADDITIONAL
PRESERVATIVES
AND ADDITIVES

Ingredients: 34% Mushrooms, 23% Rice, water, extra virgin olive oil, onion, white wine (grapes, antioxidant: **sodium metabisulfite**), **butter**, hard cheese [cow **milk**, salt, rennet, preservative: lysozyme (contains **egg**)], parsley, salt, natural flavoring, garlic, herbs, spices. The product may contain traces of gluten, fish, mollusks, crustaceans and celery.

Nutrition Declaration Per 100g		Per serving 300g	%RI*
Energy	729kJ/174kcal	2187kJ/522kcal	26%
Fat	9,8g	29,4g	42%
of which saturates	3,4g	10,2g	51%
Carbohydrate	18,1g	54,3g	21%
of which sugars	0,4g	1,2g	1%
Proteins	3,2g	9,65g	19%
Salt	0,90g	2,70g	45%

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

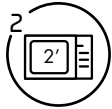
Shelf life 45 days.

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.

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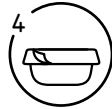
REMOVE
THE LABEL



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