



**GREEK GASTRONOMY
TRAVELS IN A TRAY**

SERVING SUGGESTION



AUBERGINES WITH MINCED MEAT AND BÉCHAMEL CREAM (PAPOUTSAKI)

INGREDIENTS

Aubergines, full fat cow **MILK**, frozen beef minced meat, water, sunflower oil, **WHEAT** flour, frozen diced onion, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), liquid pasteurized whole **EGG**, grated **KEFALOTYRI** – hard **CHEESE** (pasteurized cow **MILK**, salt, lactic acid culture, rennet), tomato paste, extra virgin olive oil, grated **WHEAT** rusk (**WHEAT** flour, salt, yeast), salt, parsley, garlic, sugar, nutmeg, black ground pepper, laurel leaves.

ALLERGENS STATEMENT

The product contains: **MILK, GLUTEN, EGG.**

The product may contain traces of: **SOY, SESAME, MUSTARD, CELERY, NUTS.**

Allergens are marked in bold.



HO.RE.CA TRAY
(2000g / 70.548 Oz)
ALSO AVAILABLE IN
RETAIL TRAY
(330g / 11.64 Oz)



Take the container out of the deep freeze. Remove the paper sleeve and plastic film (HORECA). Pierce the plastic film in 4 spot. (RETAIL)

| HO.RE.CA TRAY | | RETAIL TRAY | |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| standard oven | standard oven | standard oven | standard oven |
| 190°C/374°F | 190°C/374°F | 190°C/374°F | 190°C/374°F |
| HEATING TIME 35'-40' | HEATING TIME 25'-30' | HEATING TIME 25'-30' | HEATING TIME 25'-30' |
| microwave oven | microwave oven | microwave oven | microwave oven |
| 1800watt | 1800watt | 1000watt | 1000watt |
| HEATING TIME 11' | HEATING TIME 11' | HEATING TIME 9' | HEATING TIME 9' |

NUTRITION INFO PER 100g

| ENERGY | FAT | of which SATURATES | CARBOHYDRATES | of which SUGARS | FIBRE | PROTEINS | SODIUM | SALT |
|------------------|-------|--------------------|---------------|-----------------|-------|----------|--------|-------|
| 722kJ 174kcal | 13.2g | 3.0g | 7.7g | 2.9g | 2.1mg | 5.1g | 396mg | 0.99g |
| 9* | 19* | 15* | 3* | 3* | - | 10* | - | 16* |

*% adult RI per 100g RI = Reference intake of an average adult (8400 kJ / 2000 kcal)

SCAN ME



Times are indicative and may vary depending on the oven used, temperature of the food should be at least 75°C/167°F throughout. At the end of the heating time, remove the plastic film (for RETAIL). Allow the product to stand for at 2-3 minutes before serving. The product after reheating is kept warm at a temperature of over 60°C/140°F.

AFTER THE INITIAL REHEATING DO NOT REHEAT