



GREEK GASTRONOMY
TRAVELS IN A TRAY



BEEF IN TOMATO SAUCE WITH GREEN PEAS

INGREDIENTS

Frozen beef meat, frozen green peas, water, frozen diced onion, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), extra virgin olive oil, tomato paste, frozen diced carrots, dill, salt, sugar, garlic, black ground pepper, laurel leaves.



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.
Pierce the plastic film in 4 spot.

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 50'-60'	HEATING TIME 50'-60'	HEATING TIME 30'	HEATING TIME 30'
microwave oven	microwave oven	microwave oven	microwave oven
1800watt	1800watt	1000watt	1000watt
HEATING TIME 12'	HEATING TIME 12'	HEATING TIME 8'	HEATING TIME 8'

NUTRITION INFO PER 100g

ENERGY	FAT	of which SATURATES	CARBOHYDRATES	of which SUGARS	FIBRE	PROTEINS	SODIUM	SALT
554kJ	8.0g	2.7g	2.0g	1.6g	2.4g	12.0g	316mg	0.80g
133kcal								
7*	11*	13*	1*	2*	-	24*	-	13*

*% 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.
The product after reheating is kept warm at a temperature of over 60°C/140°F.

AFTER THE INITIAL REHEATING DO NOT REHEAT