



GREEK GASTRONOMY
TRAVELS IN A TRAY

SERVING SUGGESTION



GREEN BEANS CASSEROLE

INGREDIENTS

Frozen green beans, potatoes, frozen onions, carrots, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), extra virgin olive oil, tomato paste, parsley, corn flour, salt, sugar, garlic, black ground pepper.



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



preparation instructions

Take the container out of the deep freeze.
Pierce the plastic film in 4 spot.

HO.RE.CA TRAY



180°C/374°F
HEATING TIME

50'



1800watt
HEATING TIME

11'

RETAIL TRAY



190°C/374°F
HEATING TIME

25'



1000watt
HEATING TIME

8'

NUTRITION INFO PER 100g

ENERGY	FAT	of which SATURATES	CARBOHYDRATES	of which SUGARS	FIBRE	PROTEINS	SODIUM	SALT
411kj 99kcal	6.3g	0.9g	7.5g	3.3g	2.7g	1.6g	392mg	0.98g
5*	9*	4*	3*	4*	-	3*	-	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.
The product after reheating is kept warm at a temperature of over 60°C/140°F.

AFTER THE INITIAL REHEATING DO NOT REHEAT