



**GREEK GASTRONOMY
TRAVELS IN A TRAY**

SERVING SUGGESTION



GREEN PEAS

INGREDIENTS

Frozen green peas, water, extra virgin olive oil, frozen diced onion, frozen diced carrots, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), tomato paste, dill, salt, garlic, sugar, 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		RETAIL TRAY	
	standard oven		standard oven
190°C/374°F	HEATING TIME 35'	190°C/374°F	HEATING TIME 25'
	microwave oven		microwave oven
1800watt	HEATING TIME 11'	1000watt	HEATING TIME 8'

NUTRITION INFO PER 100g

ENERGY	FAT	of which SATURATES	CARBOHYDRATES	of which SUGARS	FIBRE	PROTEINS	SODIUM	SALT
391kj 94kcal	6.8g	2.8g	3.5g	3.1g	3.2g	3.1g	263mg	0.67g
5*	10*	14*	1*	3*	-	6*	-	11*

% 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