



GREEK GASTRONOMY  
TRAVELS IN A TRAY



# LENTIL SOUP

## INGREDIENTS

Water, lentils, frozen diced onion, extra virgin olive oil, tomato paste, salt, garlic, oregano, black ground pepper, laurel leaves.



**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



190°C/374°F

HEATING  
TIME

35'-40'



1800watt

HEATING  
TIME

11'

### RETAIL TRAY



190°C/374°F

HEATING  
TIME

25'-30'



1000watt

HEATING  
TIME

7'-8'

### NUTRITION INFO PER 100g

ENERGY	FAT	of which SATURATES	CARBOHYDRATES	of which SUGARS	FIBRE	PROTEINS	SODIUM	SALT
401kj 97kcal	5.2g	1.2g	4.2g	<0.5g	2.5g	5.5g	316mg	0.79g
5*	7*	6*	2*	<1*	-	11*	-	12*

\*% 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**