

## **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



preparation instructions

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

## **HO.RE.CA TRAY**

standard oven

microwave

oven

190°C/374°F HEATING TIME

1800 watt

HEATING







**RETAIL TRAY** 

standard oven 190°C/374°F

HEATING TIME



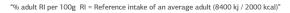


microwave oven

1000 watt HEATING



## **NUTRITION INFO PER 100g** of which SATURATES FAT CARBOHYDRATES FIBRE PROTEINS SODIUM **401**kJ **5.2**g **1.2**g **4.2**g <**0.5**g **2.5**g **5.5**g **316**mg **0.79**g 97kcal 12\* 5\* 6\* 2\* <1\* 11\*





Times are indicative and may vary depending on the oven used, temperature of the food should be at least  $75^{\circ}C/167^{\circ}F$  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