



**GREEK GASTRONOMY
TRAVELS IN A TRAY**

SERVING SUGGESTION



STEW OCTOPUS

INGREDIENTS

Frozen **OCTOPUS**, onions, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), frozen onions, tomato paste, extra virgin olive oil, salt, garlic, sugar, black ground pepper, allspice, laurel leaves.

ALLERGENS STATEMENT

The product contains: **MOLLUSKS**.

The product may contain traces of: **FISH**.

Allergens are marked in bold.



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



180°C/356°F
HEATING TIME



RETAIL TRAY



190°C/374°F
HEATING TIME



1800watt
HEATING TIME



1000watt
HEATING TIME



NUTRITION INFO PER 100g

ENERGY	FAT	of which SATURATES	CARBOHYDRATES	of which SUGARS	FIBRE	PROTEINS	SODIUM	SALT
419kJ 100kcal	2.8g	0.5g	4.7g	3.8g	1.3g	13.3g	235mg	0.59g
5*	4*	3*	2*	4*	-	27*	-	10*

*% 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