

69553 | Everyday Favourites | 400g

QUINOA & VEGETABLE MIX 400G

A fusion of quinoa & lentils with a blend of broccoli, prefried onions, grilled sweet potatoes and peas in a savoury seasoning.

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Description

Unique Marketing Statement	A fusion of quinoa & lentils with a blend of broccoli, prefried onions, grilled sweet potatoes and peas in a savoury seasoning.
Brand Name	Everyday Favourites
Country of Origin	Spain

Ingredients

Ingredients	Cooked Quinoa (Water, Quinoa) (34%), Cooked Lentils (Water, Lentils) (22%), Broccoli, Fried Onion (Onion, Sunflower Oil), Red Pepper, Grilled Sweet Potato, Peas, Seasoning (Maltodextrin, Salt, Flavouring, Onion Powder, Roasted Garlic Powder, Savoy Cabbage Juice (From Concentrate), Sunflower Oil
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	4
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	577 kJ
Energy (Kilocalories)	138 kcal
Fat, Total	6 g
Saturated	0.8 g
Carbohydrate	13.7 g
Sugars	3.5 g
Dietary Fibre, Total	4.3 g
Protein, Total	5.1 g
Salt	0.58 g
Sodium	232 mg

Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
Wheat (as an ingredient)	Does NOT Contain
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	No
Oven	No
Oven From Frozen	No
Microwave Instructions	For best results cook from frozen. Place 250g of Quinoa & Vegetable Mix into a microwavable bowl and cover with cling film. Cook on full power for 2 minutes (800W) / 1 3/4 minutes (900W). Leave to stand for 1 min before serving.
Fry	Heat up 2 tsp of oil in a heavy based frying pan or wok. Add the required amount of quinoa and cook for 5-6 minutes, stir continuously until cooked thoroughly
Grill	No
Other	Heat up 2 tsp of oil in a heavy based frying pan or wok. Add the required amount of quinoa and cook for 5-6 minutes, stir continuously until cooked thoroughly

Packaging

Do you have any packaging environmental claims?	No environmental packaging claim
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