



Linguine with  
**CARBONARA**  
**SAUCE**

# MEDITERRANEAN DISHES

Ready in just 3 minutes

A fine selection of ready-to-eat meals with the aim of saving time and energy for modern and busy people who don't want to compromise quality. Just heat and eat! Discover a whole range of homemade Mediterranean recipes, handcrafted by our experienced chefs with care and the highest quality ingredients.





## Linguine with CARBONARA SAUCE



**FULLY COOKED  
READY IN 3'**

WITH EXTRA  
VIRGIN OLIVE OIL  
—  
NO ADDITIONAL  
PRESERVATIVES  
AND ADDITIVES

Ingredients: 64% Cooked linguine pasta (**wheat** semolina, water), 34% carbonara sauce [milk cream (**milk** cream, stabilizer: carrageenan), 8.5% bacon (pork meat, water, tapioca starch, **milk** protein, sugar, emulsifier: triphosphates, flavorings, stabilizer: carrageenan, salt, antioxidant: sodium isoascorbate - sodium citrate - ascorbic acid, smoke flavor, acidity regulator: sodium acetate, maltodextrin, dextrose, preservative: sodium nitrite), extra virgin olive oil, parsley, salt, chicken broth (table salt, glucose syrup, yeast extract, flavorings (contains **egg**), hydrolyzed vegetable protein (corn, cabbage), corn starch, sugar, olive oil, chicken meat extract (1%), spice extracts (contains **celery**), onion powder, garlic powder, spices), spices], hard cheese [cow **milk**, salt, microbial rennet, culture, preservative: lysozyme (contains **egg**)], salt.

Nutrition Declaration	Per 100g	Per serving 300g	%RI*
Energy	916kJ/218kcal	2747kJ/655kcal	33%
Fat	8,8g	26,4g	38%
of which saturates	3,6g	10,8g	54%
Carbohydrate	27,0g	81,0g	31%
of which sugars	1,2g	3,6g	4%
Proteins	6,9g	20,7g	41%
Salt	1,15g	3,45g	58%

\* RI (%) Reference Intake of an average adult 8400kJ/2000kcal

### Shelf life 45 days.

Keep refrigerated at temperature 1°C - 5°C  
After opening keep refrigerated and consume within 24 hours.  
Suitable for freezing. Defrost thorough before use.  
Once defrosted (in refrigerator) consume within 24 hours.

NET WT: 300g e | 1 PORTION



**1**  
REMOVE  
THE LABEL



**2**  
MICROWAVE  
[750W]  
FOR 2 MINUTES



**3**  
ALLOW TO STAND  
FOR 1 MINUTE



**4**  
REMOVE THE FILM  
AND ENJOY

### Before heating:

remove the label  
without removing  
or puncturing the film

### During heating:

Any popping noises  
and steam inflation  
are normal.

### After heating:

Check food is piping  
hot. Allow to stand  
for one minute.

**Do not reheat  
once cold.**

**All cooking  
appliances vary.**

## Mediterranean Recipes

READY TO EAT IN 3 MINUTES.