



## PULSES AND RICES WITH SUNFLOWER SEEDS AND VEGETABLES 1.000 G

### Ingredients

Green beans, cauliflower, brown rice, chickpeas, pumpkin, broccoli, wild rice, basmati rice, black beans, Edamame SOYBEANS, carrots, sunflower seeds 5%, salt. Gluten free. Manufactured in a facility that also processes broad beans.



### Product Sheet

Product Code	310672
Weight (G)	1.000
Packs Per Carton	4
Cartoni Per Pallet	180

### Tasty Tips

A great mix of healthy ingredients perfect to create a vegetarian and vegan recipe. The mix is also gluten free. Serve it with some salmon dices for a great entree.

### Directions

#### Steam Oven

Pour the product on a perforated baking pan without thawing, cover and put it in a hot oven at 150°C. Bake for 7 minutes after the temperature has gone up again.

#### Pan

Pour the frozen product in a non-stick pan with 100 cc of water and a tablespoon of extravirgin olive oil. Cover with a lid and cook for 10 minutes over medium heat, stirring now and then.