



X117



Barley with prawns and vegetables



5'

COOKING TIME



300g ?

4 PLATES PER BOX

Ingredients

Pearl **barley** 47% , Argentine red **shrimp** 20%, chickpeas, string beans 10%, tomato 4%, leccino olives, extra virgin olive oil, sunflower seed oil, salt.

Average nutritional values per 100 g

Energy kJ 605 – Energy kcal 144 – Fats g 5,8 of which saturated fats g 1,1 – Carbohydrates g 15,8 of which sugars g 1,2 – Fibres g 3,5 – Proteins g 5,5 – Salt g 0,85

Preparazione

Microwave oven (750w): **5 min** in a closed package and still frozen.

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