



Z332



## Fiocchetti with speck and courgettes



4 ½'

COOKING TIME



300g ?

4 PLATES PER BOX

### Ingredients (pasta)

Egg pasta 60% (durum wheat semolina, eggs, water), filling 40% (Gorgonzola DOP cheese 48%, ricotta cheese, Grana Padano DOP cheese, breadcrumbs, parsley, salt).

### Sauce ingredients

Fresh whole milk, courgettes 29%, cream, smoked ham 7%, Taleggio DOP cheese, soft wheat flour, vegetable margarine, extra virgin olive oil, sunflower oil, parsley, salt. Grated Grana Padano DOP cheese as garnish.

### Average nutritional values per 100 g

Energy kJ 709 – Energy kcal 169 – Fats g 8,2 of which saturated fats g 4,0 – Carbohydrates g 12,8 of which sugars g 2,4 – Fibres g 1,6 – Proteins g 10,3 – Salt g 1,04

### Preparation

Microwave oven (750w): 4 ½ min in a closed package and still frozen.

### Data Sheet

%

47

PERCENTAGE OF PASTA

%

53

PERCENTAGE OF SAUCE

