

TENDERSTEM BROCCOLI WITH PEARL BARLEY &
ZA'ATAR

Ingredients : Broccoli tenderstem , Pearl barley [BARLEY] , Tahini [SESAME] (Sesame [SESAME]) , Red onion , Sun dried tomatoes [SULPHITES] (Sun Dried Tomatoes,Sunflower Oil,Salt,White Wine Vinegar,Citric acid, Sodium Citrate,Antioxidant (Ascorbic Acid),Preservative: Potassium Sorbate,Preservative: E220 [SULPHITES]) , Lemon juice , Parsley , Zaatar spice [SESAME] (Sesame [SESAME],Thyme,Sumac Berries,Salt) , Olive oil , Red chillies , Honey , Miso [SOYA] (Soybeans [SOYA],Rice,Water,Salt) , Tamari [SOYA] (Water,Soybeans [SOYA],Salt,Spirit vinegar) , Water , Garlic , Cayenne pepper

Suitable for vegetarians

Nutritionals

| | Total Per item | Total Per 100 gr |
|------------------------|----------------|------------------|
| Energy (Kj) | 2775 | 1110 |
| Energy (KCal) | 705 | 282 |
| Fat (g) | 49 | 20 |
| of which Saturates (g) | 7 | 3 |
| Carbohydrate (g) | 46 | 18 |
| of which Sugars (g) | 7 | 3 |
| Protein (g) | 20.32 | 8.13 |
| Salt (g) | 1.19 | 0.48 |
| Fibre (g) | 7.62 | 3.05 |

Total Weight : 250 ge