

TENDERSTEM BROCCOLI WITH PEARL BARLEY &
ZA'ATAR

Ingredients : Broccoli spears , 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 , Water , Parsley , Zaatar spice [SESAME] (Sesame [SESAME],Thyme,Sumac Berries,Salt) , Red chillies , Olive oil , Salt , Ground cinnamon , Smoked paprika

Suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	2801	1120
Energy (KCal)	685	274
Fat (g)	47	19
of which Saturates (g)	7	3
Carbohydrate (g)	43	17
of which Sugars (g)	5	2
Protein (g)	20.96	8.39
Salt (g)	1.44	0.58
Fibre (g)	7.76	3.11

Total Weight : 250 g^e