

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 , 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