



## Couscous with chili spiced vegetables

**SE/DK/NO Ingredienser:** Couscous 39% (**durumvetemjöl/durumhvedemel**), grönsaker 31% (morot/gulerod, röd paprika/röd peberfrugt, vitkål/hvidkål/hodekål, purjolök/porre, majs), palmfett, arom/aroma (innehåller **selleri**), äpple/æble, jästextrakt/gærekstrakt, modifierad potatisstärkelse/kartoffelstivelse/potetstivelse, socker/sukker, salt, glukossirap, majsstärkelse/majsstivelse, kryddor/krydderier, emulgeringsmedel: solroslecitin/solsikkelecitin, färgämne/farvestoff: paprikaoleoresin.

**EN Ingredients:** Couscous 39 % (**durum wheat flour**), vegetables 31 % (carrot, red pepper, cabbage, leek, sweetcorn), palm fat, flavouring (contains **celery**), apple, yeast extract, modified potato starch, sugar, salt, glucose syrup, maize starch, spices, emulsifier: sunflower lecithin, colouring: paprika oleoresin.

**FR Ingrédients:** Couscous 39% (farine de **blé dur**), légumes 31% (carottes, poivron rouge, chou, poireau, maïs), graisse de palme, arôme (contient du **céleri**), pomme, extrait de levure, amidon modifié de pomme de terre, sucre, sel, sirop de glucose, amidon de maïs, épices, émulsifiant: lécithine de tournesol, colorant: oléorésine de paprika.

**Claims:** Lactose free, Vegan

**Category:** Dry meal

### Preparation:

1 Tear off the top and fold out the bottom

2 Add 400 ml of boiling water (level H)

3 Stir

4 Re-seal, wait 10 mins

Add more water if required.

Can be prepared using cold water, extend the time to > 30 mins

**Content:** 151 g

**Shelf life:** 60 months at an ambient temperature in a temperate climate or according to NATO Standard AMedP-1.11; Chapter 2.4. – Shelf Life.

**Storage:** Dry at room temperature.

**Nutritional values:**

<b>Nutritional declaration</b>	<b>Per 100g (dry product)</b>	<b>Per Pouch (prepared)</b>
Energy (kJ)	1793 kJ	2708 kJ
Energy (kcal)	428 kcal	647 kcal
Fat	16 g	24 g
of which saturated fat	7,2 g	11 g
Carbohydrate	56 g	84 g
of which sugars	10 g	16 g
Fiber	9,9 g	15 g
Protein	11 g	17 g
Salt	2,8 g	4,2 g



Marketed by Europe Foods Sverige AB, [www.outdoormeal.com](http://www.outdoormeal.com)  
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