



Couscous with chili spiced vegetables

art no 7246 (SE/NO/DK/EN/FI)

art no 7642 (EN/DE/FR/ES)

Ingredients:

Couscous [41 %] (**durum wheat flour**), vegetables [32 %] (carrot, red pepper, cabbage, sweetcorn, leek), palm fat, flavouring (contains **celery**), yeast extract, apple, modified potato starch, sugar, spices (incl. chilli), glucose syrup, maize starch, salt, emulsifier (sunflower lecithin), garlic extract, colouring (paprika oleoresin).

Preparation:

1 Tear off the top and fold out the bottom

2 Add 400 ml of boiling water (level G)

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

Nutritional declaration	Serving portion (approx 550 g)	Temperature	Shelf life
		22	3 years
		37	4 months*
Energy (kJ)	2750 kJ	50	1 month*
Energy (kcal)	650 kcal		
Fat	20 g		
of which saturated fat	9,3 g		
Carbohydrate	97 g		
of which sugars	17 g		
Fiber	9 g		
Protein	17 g		
Salt	4,3 g		

* The product is safe to eat within 3 years.
The specified shelf life is for product with maintained taste quality.



The composition of the product can change.
Therefore, read always the ingredient list on the product.

Marketed by Continental Foods Sweden AB,
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