



MARFUGA® UMBRIAN CHICKPEAS

Umbrian chickpeas

Package:

Pack of 500 g. - 12 packs boxes

Recipe: Chickpeas salad

Ingredients: 300g of chickpeas, 1 red pepper, 1 green tomato, 1 cucumber, 1 celery stalk, 1/2 onion, rocket or green salad, 2 garlic cloves, rosemary, sage, extra virgin olive oil, vinegar, salt, pepper.

Steep the chickpeas for 6 hours. Simmer in water for 30 minutes with garlic, rosemary and sage. Add salt when nearly cooked, drain and let it cool off. Dice the greens. Put a dash of salt and pepper into a bowl, add vinegar and olive oil and stir into a fine cream. Add the greens and the cream to the chickpeas, stir and serve.



MARFUGA® UMBRIAN LENTILS

Umbrian lentils

Package:

Pack of 500 g. 12 packs boxes

Recipe: Stewed Lentils

Ingredients: 500g of lentils, 120g of bacon, 2 onions, 1-2 celery stalks, 2 carrots, 60g extra virgin olive oil, parsley, salt, pepper, (broth).

Put the lentils in a deep pan with cold water and bring them to boil. While they are cooking start to cook the onions, carrots and the celery in extra virgin olive oil. Add the diced bacon and cook for a while. Add the parsley finely chopped and the salt and pepper. Cook on a low heat and add water if necessary.

Cooking time 20/30 minutes.



DATA SHEET

Format	pack 500 g
Pieces per box	12
Box dimensions	L.25xP.19xH.27
Box gross weight	6,40 Kg
No.of boxes per euro pallet layer	18
No. of layers per europallet	6
Expiry date	24 months from packaging date