



## MARFUGA® PEARLED SPELT

Pearled spelt

**Packaging:**

Packs of 500 g. - 12 packs boxes

**Recipe: Old style spelt**

Ingredients: 250g of spelt, extra virgin olive oil, 100g mince meat, celery, carrot, onion, salt, pepper, diced tomatoes, meat broth, Parmesan cheese.

*Fry the finely chopped celery, carrot and onion together with the mince meat and season with oil, salt and pepper. Add the tomato and cook for 15 minutes. Put the spelt in cold water and bring to boil for 10 minutes. Drain and add to the meat sauce, cook for 20 minutes adding broth if necessary.*



## MARFUGA® MIXED LEGUMES SOUP

Ready to cook mixed legumes soup

**Packaging:**

Packs of 500 g. - 12 packs boxes

**Recipe: Soup from the Mill**

Ingredients: 400g mixed legumes, 100g mince meat, diced tomatoes, extra virgin olive oil, 1 onion, 1celery stick, 1 carrot, meat broth, salt and pepper.

*Cook the soup in cold water and let boil. Once cooked, add salt. Finely chop the onion, celery and carrot, fry in oil. Then add the mince meat, salt and pepper to taste and cook for 15 minutes. Add the tomatoes and finish cooking for about another 10 minutes. Drain the legumes and add to the fried vegetables, finish cooking adding the meat broth if necessary.*

*Ingredients: pearl barley, lentils, green azuki beans, beans, peas.*



### DATA SHEET

|                                   |                               |
|-----------------------------------|-------------------------------|
| Format                            | Pack 500 g.                   |
| Pieces per box                    | 12                            |
| Box dimensions                    | L25xW19xH.27                  |
| Box gross weight                  | 6,40 Kg                       |
| No. of boxes per europallet layer | 18                            |
| No. of layers per europallet      | 6                             |
| Expiry date                       | 24 motnhs from packaging date |