



Couscous with chili spiced vegetables

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.

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: 36 months at an ambient temperature in a temperate climate or according to NATO Standard AMedP-1.11; Chapter 3 – Shelf Life.

Storage: Dry at room temperature.

Nutritional values:

Nutritional declaration	Per 100g (dry product)	Per Pouch (prepared)
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



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