



● Z314



## Risotto with seafood



4'

COOKING TIME



300g e

4 PLATES PER BOX

### Ingredients

Rice 30%, shellfish in variable proportions 27% (argentine red shrimp, clams, squid, pink shrimps), broth, tomato pulp, sunflower oil, extra virgin olive oil, wheat flour, garlic, salt, parsley, chilli pepper, pepper.

### Average nutritional values per 100 g

Energy kj 620 – Energy kcal 148 – Fats g 4,9 of which saturated fats g 0,6 – Carbohydrates g 19,8 of which sugars g 0,5 – Fibres g 1,6 – Proteins g 5,4 – Salt g 0,84

### Preparation

Microwave oven (750w): **4 min** in a closed package and still frozen.

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