

BLAKEAWAY

NUTRITIONAL INFORMATION

SERVING SIZE : 0.5 KG

	Per serving	Per 100g
Energy	1980.1 kJ	396 kJ
Protein	7.1 g	1.4 g
Fat, Total	32.7 g	6.5 g
<i>Saturated</i>	4.3 g	0.9 g
Carbs	34.4 g	6.9 g
<i>Sugars</i>	32.6 g	6.5 g
Sodium	1762.3 mg	352.5 mg



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PUTTANESCA PASTA SAUCE

PARSLEY ; TOMATO; KALAMATA OLIVES ; VEGETABLE OIL; CAPERS ; ANCHOVY FILLETS ; RED CHILLI; GARLIC ; SEA SALT; BLACK PEPPER

CONTAINS:

ALLERGENS: FISH (ANCHOVIES), GLUTEN FREE, DAIRY FREE

PREPARATION:

TAKE DESIRED AMOUNT OF SAUCE AND HEAT IN A SAUCEPAN ON A MEDIUM HEAT STIRRING OCCASIONALLY FOR 7-10 MINUTES OR UNTIL HOT AND MIX THROUGH YOUR FAVOURITE PASTA. OR WARM IN A MICROWAVE SAFE DISH FOR 2-3 MINUTES OR UNTIL HOT.

STORAGE:

KEEP CHILLED BETWEEN 1-5 DEGREES AND CONSUME WITHIN 4 DAYS OF OPENING OR FREEZE BEFORE USED BY DATE.

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