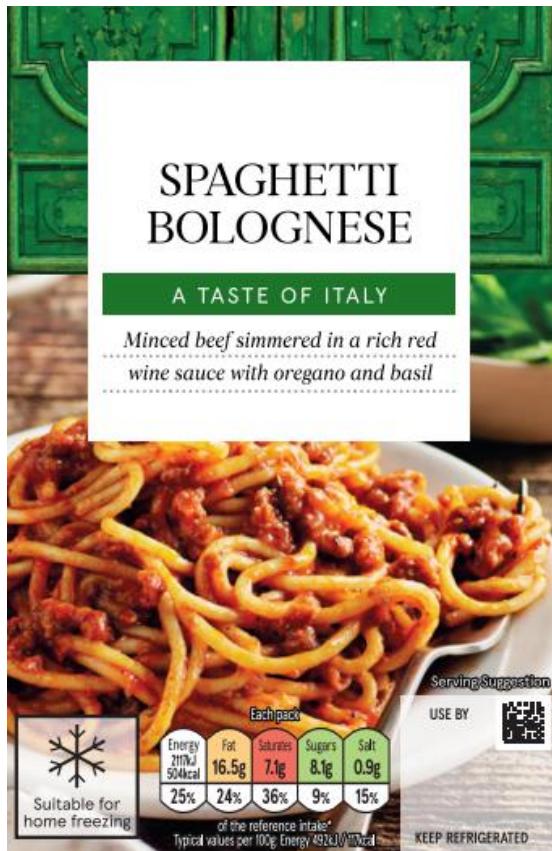


Packaging examples - spaghetti bolognese



Spaghetti pasta in a beef, tomato and red wine sauce.

HEATING INSTRUCTIONS For best results microwave heat. Remove outer sleeve and pierce film lid several times. **MICROWAVE** Chilled: 800W/900W 5/4 mins. Frozen: 800W/900W 9½/8½ mins. Heat on full power. Leave to stand for 1 minute after heating. Stir well before serving.

OVEN Chilled: 190°C/Fan 170°C/Gas 5 30-35 mins. From frozen: 190°C/Fan170°C/Gas5 50-55 mins. Place on a baking tray in the centre of a pre-heated oven for 30-35 minutes/50-55 minutes. Leave to stand for 2 minutes after heating. Stir well before serving.

Important

Allow tray to stand until it regains its rigidity. All appliances vary, these are guidelines only. Check food is piping hot throughout before serving.

STORAGE Keep refrigerated. Suitable for home freezing. Ideally freeze as soon as possible after purchase but always by 'use by' date shown.

INGREDIENTS Cooked Pasta, Beef (23%), Tomato, Water, Tomato Purée, Onion, Red Wine, Garlic Purée, Cornflour, Carrot, Beef Extract, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast Extract, Salt, Olive Oil, Oregano, Marjoram, Basil, Sugar, Black Pepper, Bay, Extra Virgin Olive Oil. **Cooked Pasta** contains: Durum Wheat Semolina, Water.

Allergy Advice For allergens, including cereals containing gluten, see ingredients in **bold**.

NUTRITION

When microwaved according to instructions

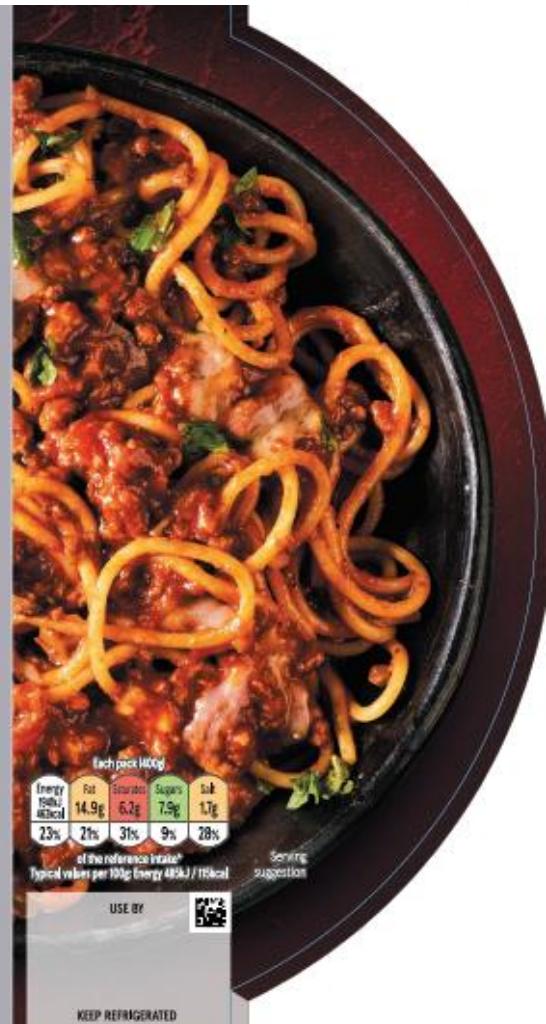
Typical values	Per 100g	Each pack (430g**)
Energy 2117kJ 504kcal	492kJ 117kcal	2117kJ 504kcal
Fat 16.5g	3.8g	16.5g
of which saturates 7.1g	1.6g	7.1g
Carbohydrate 55.9g	13.0g	55.9g
of which sugars 8.1g	1.9g	8.1g
Fibre 7.2g	1.7g	7.2g
Protein 29.4g	6.8g	29.4g
Salt 0.9g	0.2g	0.9g

Contains 1 serving *Reference intake of an average adult (8400kJ/2000kcal)

**When microwaved according to instructions
450g pack typically weighs 430g

Spaghetti Bolognese

* A rich ragu of tender beef and Italian pancetta simmered with Chianti and sweet tomatoes.



Spaghetti pasta with a tomato, beef, pancetta and Chianti red wine sauce topped with Parmigiano Reggiano full fat hard cheese and parsley.

HEATING INSTRUCTIONS

Not suitable for oven heating. Remove sleeve and pierce film lid several times.

Microwave

Chilled: 800W / 900W 4 1/2 / 4 mins.

Frozen: 800W / 900W 9 / 8 1/2 mins.

Heat on full power. Allow to stand for 1 minute after heating. Stir well before serving.

Important

Check food is piping hot throughout before serving.

STORAGE

Keep refrigerated. Suitable for home freezing. Ideally freeze as soon as possible after purchase but always by 'use by' date shown.

INGREDIENTS

Cooked Pasta, Beef (22%), Tomato, Tomato Passata, Chianti Red Wine, Water, Mushroom, Onion, Tomato Purée, Pancetta, Parmigiano Reggiano Full Fat Hard Cheese (10%), Garlic Purée, Cornflour, Rapeseed Oil, Sundried Tomatoes, Beef Extract, Parsley, White Wine Vinegar, Basil, Salt, Porcini Mushroom Powder, Bay, Black Pepper, Sugar, Rosemary.

Cooked Pasta contains: Durum Wheat

Semolina, Water. **Pancetta** contains: Pork Belly, Salt, Dextrose, Black Pepper, Garlic, Coriander, Nutmeg, Preservatives (Sodium Nitrite, Potassium Nitrate).

Allergy advice

For allergens, including cereals containing gluten, see ingredients in **bold**.

NUTRITION

When microwaved according to instructions.

Typical values	Per 100g
Energy	485kJ / 115kcal
Fat	3.7g
of which saturates	1.6g
Carbohydrate	11.0g
of which sugars	2.0g
Fibre	1.5g
Protein	8.7g
Salt	0.4g

This pack contains 1 serving

*Reference intake of an average adult (8400kJ / 2000kcal)

Recycling

SLEEVE – Widely recycled

TRAY – Check locally

FILM – Not yet recycled

Produced in the U.K. using beef from the U.K. and pork from the EU for Tesco Stores Ltd., Welwyn Garden City AL7 1GA, U.K. © Tesco 2018. SC0115

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SPAGHETTI BOLOGNESE



Cooked spaghetti in a tomato and red wine sauce with minced beef.

COOKING INSTRUCTIONS

Cooked spaghetti in a tomato and red wine sauce with minced beef.

COOKING INSTRUCTIONS

For best results microwave from frozen.
Remove outer packaging and pierce film lid.

MICROWAVE

Frozen: 800W/900W

8/7 mins

Cooked spaghetti in a tomato and red wine sauce with minced beef.

COOKING INSTRUCTIONS

For best results microwave from frozen.
Remove outer packaging and pierce film lid.

MICROWAVE

Frozen: 800W/900W

8/7 mins

Heat on full power for 5 minutes (800W)/5 minutes (900W).

Peel back film lid, stir and re-cover.

Heat on full power for a further 3 minutes (800W)/2 minutes (900W).

Leave to stand for 1 minute after heating.

OVEN

Frozen: 200°C/Fan 180°C/Gas 6

40 mins

Place on a baking tray in the centre of a pre-heated oven for 25 minutes.

Peel back film lid, stir and re-cover.

Heat for a further 15 minutes.

Leave to stand for 1 minute after heating.

Caution

Although every care has been taken to remove bones, some may remain.
When removing lid after heating hot steam may escape.

Important

All appliances vary, these are guidelines only. Check food is piping hot throughout before serving. Allow tray to stand until it regains its rigidity.

STORAGE

Keep frozen at -18°C or cooler.

Important: If food has thawed, do not refreeze.

Best before end: see side of pack.

Produced in Ireland using beef from the U.K and Ireland for Tesco Stores Ltd.,
Welwyn Garden City AL7 7GA, U.K. © Tesco 2018. SC4094

INGREDIENTS

Cooked Spaghetti [Water, Durum Wheat Semolina], Water, Beef (12%), Tomato Purée, Tomato,

INGREDIENTS

Cooked Spaghetti [Water, Durum Wheat Semolina], Water, Beef (12%), Tomato Purée, Tomato, Onion, Tomato Juice, Cornflour, Yeast Extract, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Red Wine, Tomato Powder, Sugar, Garlic Purée, Onion Powder, Salt, Basil, Oregano, Beef Fat, Sea Salt, Caramelised Sugar, Mushroom Extract, Red Wine Extract, Thyme, Beef Extract, Black Pepper, Wheat Gluten, Flavouring, Aniseed.

Allergy Advice For allergens, including cereals containing gluten, see ingredients in **bold**.

INGREDIENTS

Cooked Spaghetti [Water, Durum Wheat Semolina], Water, Beef (12%), Tomato Purée, Tomato, Onion, Tomato Juice, Cornflour, Yeast Extract, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Red Wine, Tomato Powder, Sugar, Garlic Purée, Onion Powder, Salt, Basil, Oregano, Beef Fat, Sea Salt, Caramelised Sugar, Mushroom Extract, Red Wine Extract, Thyme, Beef Extract, Black Pepper, Wheat Gluten, Flavouring, Aniseed.

Allergy Advice For allergens, including cereals containing gluten, see ingredients in **bold**.

NUTRITION

When microwaved according to instructions

Typical values	Per 100g	Each pack (347g)**	% RI*	RI* for an average adult
Energy	448kJ 106kcal	1555kJ 369kcal	19%	8400kJ 2000kcal
Fat	9.7g	9.4g	13%	70g
of which saturates	1.1g	3.8g	19%	20g
Carbohydrate	14.4g	50.0g	19%	260g
of which sugars	2.1g	7.3g	8%	90g
Fibre	1.2g	4.3g		
Protein	9.5g	19.1g	38%	50g
Salt	0.6g	1.9g	32%	6g

Contains 1 serving

*Reference intake of an average adult (8400kJ / 2000kcal)

**When microwaved according to instructions 400g typically weighs 347g

For more information about our strict welfare and quality standards visit tescoplc.com

Recycling

CARTON - Widely recycled

TRAY - Check locally

FILM - Not yet recycled

400g e

