

Product information

Recipe Working Name:
British Pearl Barley
& Root Veg

Pantone information

Cyan Coverage: 100% Magenta Coverage: 100%

Yellow Coverage: 100% Black Coverage: 100%

PANTONE 7651C Coverage: 100% PANTONE 7488C Coverage: 100%

PANTONE 355C Coverage: 100%

Cutter

WHITE Coverage: 100% Substrate Does not Print

Extra notes

Reflex please action ...White layer not taken down by 0.7mm as previous artwork plates made.

GUEST CHEF

BOL

BRITISH PEARL BARLEY & ROOT VEG

British carrots & parsnips
borlotti & butter beans · pumpkin seeds
tomato, rosemary & thyme sauce

source of plant protein low in sugar 2 of your 5-a-day

BRITISH PEARL BARLEY & ROOT VEG POT

Pearl and black barley, vegetables, pumpkin seeds and leafy greens with a tomato, rosemary and thyme sauce

Vegetarian Society **Vegan APPROVED** proud to use wonky veg

Once opened, eat within 24 hours. For use by date see top of pack. Not suitable for freezing. Made in the UK

#EatPlantsLoveLife

Microwave in 3 minutes:

After opening, place the lid on loosely

Heat for 2 mins, then stir

Heat for 1 final minute, then rest

Remove lid carefully and enjoy

On the hob in 6-8 mins:

Pour into a saucepan with 2 tbsp water

Stir whilst on a low/med heat for 6-8 mins until hot

Pour into a bowl. Please re-use pot

from every pot helps feed someone else

10p

I have always been a firm believer that businesses can be a force for good. Today, we consolidate our commitment to Action Against Hunger by launching this delicious Veg Pot crafted by eco-chef Tom Hunt.

Tom is a longtime supporter of Action Against Hunger. As an eco-chef, he has worked across multiple fronts to create and promote sustainable dining. We could not think of a better chef partner to work with on raising funds for this incredible charity.

Let's make malnutrition a thing of the past.

Eat plants, love life

Paul, Founder

Get in touch: BOL, Studio 2, Westbourne Studios, 242 Acklam Road, London, W10 5JJ, UK
www.bolfoods.com hello@bolfoods.com
@bolfoods

Ingredients: British Root Vegetables (19%) (Carrots, Parsnips, Rapeseed Oil), British Pearl Barley (15%), Tomato Passata, Water, Butter Beans (5%), Leafy Greens (5%), Onions, Black Barley (4%), Borlotti Beans (3%), Red Onion, Garlic, Celery, Leeks, Celeriac, Mushroom Stock (Mushroom, Cornflour, Sunflower Oil, Salt), Cornflour, Toasted Sunflower Seeds, Thyme, Pumpkin Seeds, Demerara Sugar, Rapeseed Oil, Rosemary, Oregano, White Wine Vinegar, Paprika, Coriander, Salt, Ground Coriander, Black Pepper. For allergens, including cereals containing gluten, see ingredients in **bold**

NUTRITIONAL INFORMATION

Typical Values	per 100g	per BOL	RI* per BOL
Energy kJ	377	1301	15%
Energy kcal	90	310	15%
Fat	2.2g	7.6g	11%
of which saturates	0.3g	1.0g	5%
Carbohydrate	12.9g	44.5g	17%
of which sugars	3.5g	12.1g	13%
Fibre	3.6g	12.4g	19%
Protein**	2.8g	9.7g	19%
Salt	0.35g	1.21g	20%

*Reference Intake of an average adult (8400kJ/2000kcal)
**This BOL is a source of protein which contributes to the maintenance of muscle mass. Eat as part of a balanced diet and healthy lifestyle.

POT & LID - PLASTIC
Please rinse before recycling

Maybe use this pot to feed someone else