

GARNISHED LENTILS WITH SMOKED SAUSAGES



PRESENTATION

Find in your plate, with this Mutular traditional recipe, all the flavours of garnished lentils ! A meal to enjoy anytime of the year that will satisfy every member of the family, by both their taste as well as their nutritional qualities. In addition to their high protein garnish, lentils are rich in protein, vitamins, fiber and mineral, which will bring you health balance and energy.

COOKING ADVICE

Heat over low heat in a saucepan or on medium power in a suitable dish in microwave. Season to your taste (butter, gravy, etc). Serve hot.

NUTRITION FACTS

for 100 g

Protein	7,8 g
carbohydrates	9,6 g
Fat	7 g
Calories	116,84 Kcal

INGREDIENTS

Lentils 46%, cooked sauce 31%, meat 23%.

AVAILABLE IN

420 g, 840 g, 1,8 kg and 4,2 kg.

