



Ελληνικά Φαγητά  
Greek Foods

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## PRODUCT SPECIFICATION

### OKRA IN OLIVE OIL

INGREDIENTS:	Okra, Tomato Paste, Extra Virgin Olive Oil, Onions, Garlic, Sugar, Salt, Fresh Parsley, Spices, Guar Gum. It may contain traces of lactose, gluten, egg and celery.
PACKAGING:	Portion Box: 400 gr Boxes are placed in cartons with dimensions 410X315X130. Each carton contains 12 boxes. Each pallet contains 78 cartons, therefore 12X78=936 portions.
CODE:	7730
TRANSPORT CONDITIONS:	Car with freezer compartment -18 °C
<b>LIFE TIME:</b>	
Στους -18 °C	12 months from production date

### INSTRUCTIONS

**In Convection Oven:** Preheat oven to 200 °C. Place aluminum pan with lid closed, remove film from portion box and heat for 30-35 minutes.

**In Microwave Oven:** Place portion box only at 800 Watt for 5-6 minutes, poking a hole in the packaging.

DO NOT REFREEZE PRODUCT ONCE THAWED