



### ○ Lentils from the Rioja - Litoral



**2.75 €**  
3.49 USD

This is a stew according to a traditional spanish recipe.

Selected lentils, excelent chorizo and bacon. A very tasty dish from the Rioja.

The quality and the authentic ingredients are the basis for the coastline dishes. You will find a lot of fibre in these meals thank to the vegeables. The result is a tasty meal, home made, and very nutritious.

Can 430 gr.

#### **3 ways to prepare the lentils:**

\*Open the can and double boil it for 15 minutes.

\*Pour the contents in a pan and warm up softly for 10 minutes.

\*Microwave: pour the contents in a non metallic container and warm between 3 and 5 minutes, depending on the microwave power.