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TFS - Vegetables Mediterranean Mix - Information

TFS Product Code: 012613
Suppliers Product Code:
Information Last Updated:
Date Produced: 01/11/2026



Allergy Information

Key: Contains | May Contain

Nuts | Milk | Sulphur Dioxide | Cereal

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	317.00
Energy (kJ)	1342.00
Protein (g)	10.10
Carb (g)	62.10
Of Which Sugars (g)	18.80
Fat (g)	1.70
Of Which Saturates (g)	0.50
Fibre (g)	6.50
Salt (g)	12.25

Dietary Information

Key: Suitable for

Kosher | Vegetarian | Halal | Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

Maltodextrin, Flavourings, Onion Powder, Sugar, Garlic Powder (10%), Yeast Extract, Salt, Lactose (from MILK), Basil (2%), Black Pepper, Parsley, Colours (Plain Caramel, Paprika Extract), WHEAT Fibre, Rapeseed Oil, Total content of Herbs and Spices = 27.6%

Handling Information

Directions for Use

For our recipe you will need... 675g (1 1/2lbs) mixed vegetables (courgettes, red and yellow peppers, onions, aubergines & tomatoes) 2 tbs olive oil Directions... 1. Pre-heat the oven to 220ºC, 425ºF, Gas Mark 7. 2. Cut the vegetables into 2.5cm (1") chunks, place into a bowl and coat with the oil. Sprinkle over the sachet contents and toss to coat evenly. 3. Spread the vegetables onto a large roasting tray and cook for 30-35 minutes, until glazed and cooked through. For a little inspiration... Stir the roasted vegetables into cooked pasta with your favourite salad dressing for a quick and easy pasta salad. Makes a great topping for puff pastry for a delicious vegetable tart.

Storage Instructions

Store in a cool, dry place out of direct sunlight.

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