

ARABICA



READY TO BAKE BÖREGİ



COOKING INSTRUCTIONS

Pre-heat oven to 180°C /Gas mark 5.

1. Remove the lid and place the böregi in the oven for 35 - 40 minutes, or until the pastry is golden brown and the filling is piping hot.
2. Remove the böregi from the oven. Loosen around the edge with a spatula or palette knife, then very carefully, and wearing oven gloves, put a lipped plate on top of the foil tray and flip it over. Slide the inverted böregi onto a serving plate and devour immediately with a smorgasbord of meze or a crisp green salad.

INGREDIENTS

SPINACH & FETA BÖREGI : FILO [**WHEAT FLOUR**, WATER, SALT] - SPINACH - ONION - FETA CHEESE [SHEEP'S **MILK**, SALT] - FREE-RANGE **EGG**, GHEE [**MILK FAT SEPARATED FROM 100% FRESH SWEET CREAM**]- NUTMEG - DILL - SALT - BLACK PEPPER - POPPY SEEDS

LAMB & POTATO BÖREGI: POTATO - LAMB - FILO PASTRY [**WHEAT FLOUR**, WATER, SUNFLOWER OIL, SALT, MAIZE STARCH] - ONION - FREE-RANGE **EGG** - GHEE [**MILK FAT SEPARATED FROM 100% FRESH SWEET CREAM**] - RED PEPPER PASTE - PARSLEY - SALT - NIGELLA SEEDS - BLACK PEPPER - SUMAC - CINNAMON - ALLSPICE - NUTMEG

SWEET POTATO BÖREGI: SWEET POTATO - ONION - CHICKPEAS - FILO PASTRY [**WHEAT FLOUR**, WATER, SUNFLOWER OIL, SALT, MAIZE STARCH] - OLIVE OIL - COUSCOUS SPICES (CINNAMON BARK - GREEN CARDAMON - CLOVES - BLACK PEPPER - ASFOR FLOWERS) - PARSLEY - ORANGE ZEST - LEMON ZEST - SALT - NIGELLA SEEDS - SESAME SEEDS - BLACK PEPPER

ALLERGY ADVICE:

- Sweet potato contains gluten only.
- Lamb & potato / Spinach & feta boregi contains gluten, milk, egg.
- See ingredients in **BOLD UNDERLINED**.

STORAGE:

- Store the böregi in the fridge below 5°C.

USE BY:



HOW CAN I RECYCLE THE PACKAGING ?

Find recycling instructions for all the packaging on our website. Scan **the QR Code** or go to www.arabicalondon.com/recycling-instructions

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