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giras







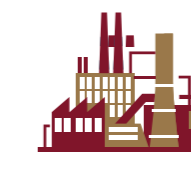
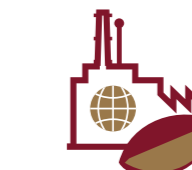

Taste, goodness and freshness  
of the just harvested product

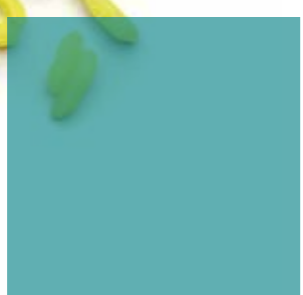
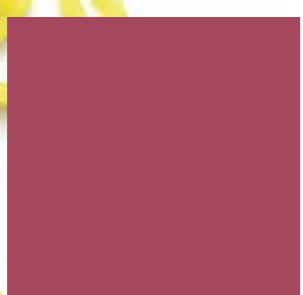
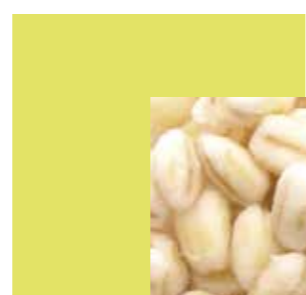
*Gias S.P.A. was born in the province of Cosenza fifty years ago from the intuition of Antonio Tenuta.*




Taste, goodness and freshness of the freshly picked product: this is the philosophy of Gias, one of the leaders in the sector of frozen vegetables and frozen ready meals in Italy. The selection of the best raw materials, the care in the preparation of products, the enhancement of typical foods of the Mediterranean diet: these are some of the values we believe in and which represent our daily mission to pursue excellence. The range of Gias products for the Industry, Retail and Food Service sectors is characterized by traditional recipes that are combined with proposals responding to the new needs of an increasingly diversified market.




 <b>50 years</b> of experience	 <b>20+ Countries</b> in the world	 <b>100,000 m<sup>2</sup></b> Total production area	 <b>15 production</b> lines	 <b>13</b> warehouses
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# Our products

-  **GRILLED**


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-  **POTATOES AND CHIPS**


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-  **STEAMED**


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-  **ETHNIC SPECIALTIES**


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-  **HEALTHY SALADS**


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-  **MICROWAVABLE**


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-  **PRE-COOKED CEREALS AND PULSES**


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-  **PRE-COOKED PASTAS**


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-  **SAUCES**

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-  **GLUTEN-FREE**

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-  **BREADED**

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# GRILLED

## GRILLED

*Many ready-to-use vegetables  
and side dishes, simply baked in the oven  
without added fats.*

## GRILLED AUBERGINE SLICES



INGREDIENTS	Grilled aubergines
SIZE	1 kg bag

## PREPARATION:



5 min



6-7 min



4 min

Our delicious grilled aubergines are grown exclusively in Italy. This is a light and tasty side dish, rich in vitamins and mineral salts. Dressed with oil, garlic and mint, these are perfectly matched with second courses and are also suitable for filling pizzas and focaccias.

## GRILLED ZUCCHINI SLICES



INGREDIENTS	Grilled Zucchini
SIZE	1 kg bag

## PREPARATION:



5-6 min



8-9 min



5-6 min

Grown exclusively in Italy, they are the result of a careful selection aimed at offering an excellent product. Naturally rich in potassium and easily digestible, zucchini can be used as a side dish to combine with both meat and fish or to fill pizzas and focaccias.

## GRILLED PEPPER HALVES



INGREDIENTS	Grilled peppers
SIZE	1 Kg bag

## PREPARATION:



6-7 min



4 min



5 min

Grown in Italy, peppers are naturally rich in fiber and vitamin C. Grilling enhances its intense flavor, leaving the beneficial properties intact. A mix of colors to fill the table with creativity, perfect for making excellent side dishes and appetizers or to fill pizzas and focaccias.

## WHOLE GRILLED PEPPERS



INGREDIENTS	Grilled Peppers
SIZE	1 kg bag

## PREPARATION:



6-7 min



4 min



5 min

The best red and yellow peppers, grown in Italy and processed within a few hours after harvesting. Ideal as a side dish, to add a Mediterranean touch to all main courses, or as an appetizer, to be dressed in sweet and sour or with oil, garlic and parsley.

## GRILLED ONION "CIPOLLA ROSSA DI TROPEA CALABRIA I.G.P."



INGREDIENTS	Grilled onion "Cipolla Rossa di Tropea I.G.P."
SIZE	1 kg bag

## PREPARATION:



8-10 min



6 min

Red onion with a unique sweetness, characteristic of the P.G.I. product, already sliced into strips and grilled. Perfect to serve as a starter seasoned in sweet and sour, as an accompaniment to croutons or as an ingredient for tasty pizzas or as a side dish.

## GRILLED BUTTERNUT SQUASH IN CHUNKS



INGREDIENTS	Grilled butternut squash
SIZE	packable in 1 kg bag

## PREPARATION:



10-12 min



8-10 min

Butternut squash is considered the queen of autumn vegetables for its cheerful orange color and its sweet and creamy flavor. Already portioned and grilled, it is an excellent side dish to combine with meat or fish dishes. It is also great simply seasoned with extra virgin olive oil, salt, garlic, chilli pepper and parsley or used as an ingredient for tasty gratins.

## GRIGLIATISSIMA



## INGREDIENTS

Grilled potatoes,  
grilled peppers,  
grilled aubergines,  
grilled zucchini

## SIZE

1 kg bag

## PREPARATION:



10 min



8-10 min

A mix of carefully selected and grilled vegetables: zucchini, red peppers, potatoes and aubergines ready to be enjoyed and served as a side dish with a simple drizzle of oil and aromas as you like.

## MEDITERRANEAN VEGETABLE MIX



## INGREDIENTS

Grilled potatoes,  
grilled aubergines,  
baked zucchini,  
baked peppers

## SIZE

1 kg bag

## PREPARATION:



15 min



5-7 min

A very tasty and healthy side dish thanks to grilled vegetables. Potatoes, aubergines, courgettes, chunks of red and yellow peppers, ready in just a few minutes and ideal to match with second courses.

## GRILLED MIXED VEGETABLES



## INGREDIENTS

Grilled aubergines,  
grilled zucchini,  
grilled peppers

## SIZE

1 kg bag

## PREPARATION:



10-12 min



6-8 min

A mix of colors and health, a tasty fantasy of grilled mixed vegetables (zucchini, aubergines and peppers) ready to be seasoned as you like for a light and appetizing side dish.

## CONTORNO GHIOTTO



## INGREDIENTS

Baked peppers,  
grilled aubergines,  
baked zucchini,  
tomato, grilled onion

## SIZE

1 kg bag

## PREPARATION:



10-12 min



8-10 min

A colorful and inviting side dish, with a simple and natural taste. Baking in the oven preserves the organoleptic characteristics of vegetables enhancing their taste.

## GRILLED PEPPERS, ONION AND OLIVES



## INGREDIENTS

Grilled peppers,  
grilled onion  
"Cipolla Rossa di Tropea I.G.P.",  
Kalamata black olives

## SIZE

1 kg bag

## PREPARATION:



12-13 min



10-12 min

A colorful, quick to prepare and very tasty side dish made with peppers, red onion and olives. Ideal for those who follow a vegan or vegetarian diet. Excellent as a filling of pizzas or focaccias.

## VEGETABLES FOR RATATOUILLE



## INGREDIENTS

Tomato,  
grilled aubergines,  
grilled zucchini,  
grilled onion, grilled peppers

## SIZE

1 kg bag/packable in different formats

## PREPARATION:



10 min

The typical vegetables of the traditional French recipe already sliced and ready-to-use, easy to cook in minutes by adding a couple tablespoons of tomato sauce. It matches well with meat or fish dishes or it can be served as a single vegetarian dish.

## VEGETABLES FOR CAPONATA



### INGREDIENTS

Grilled aubergines, grilled peppers,  
green olives, capers,  
basil

### SIZE

packable in 1 kg bag

### PREPARATION:



9-10 min

A typical side dish of the Sicilian tradition ready in a few minutes. Practical and tasty served with sweet and sour tomato sauce.

## CRUNCHY VEGETABLE BLEND



### INGREDIENTS

Baked vegetables  
(potatoes, zucchini, peppers, onion  
"Cipolla Rossa di Tropea I.G.P.")

### SIZE

1 kg bag

### PREPARATION:



11-12 min



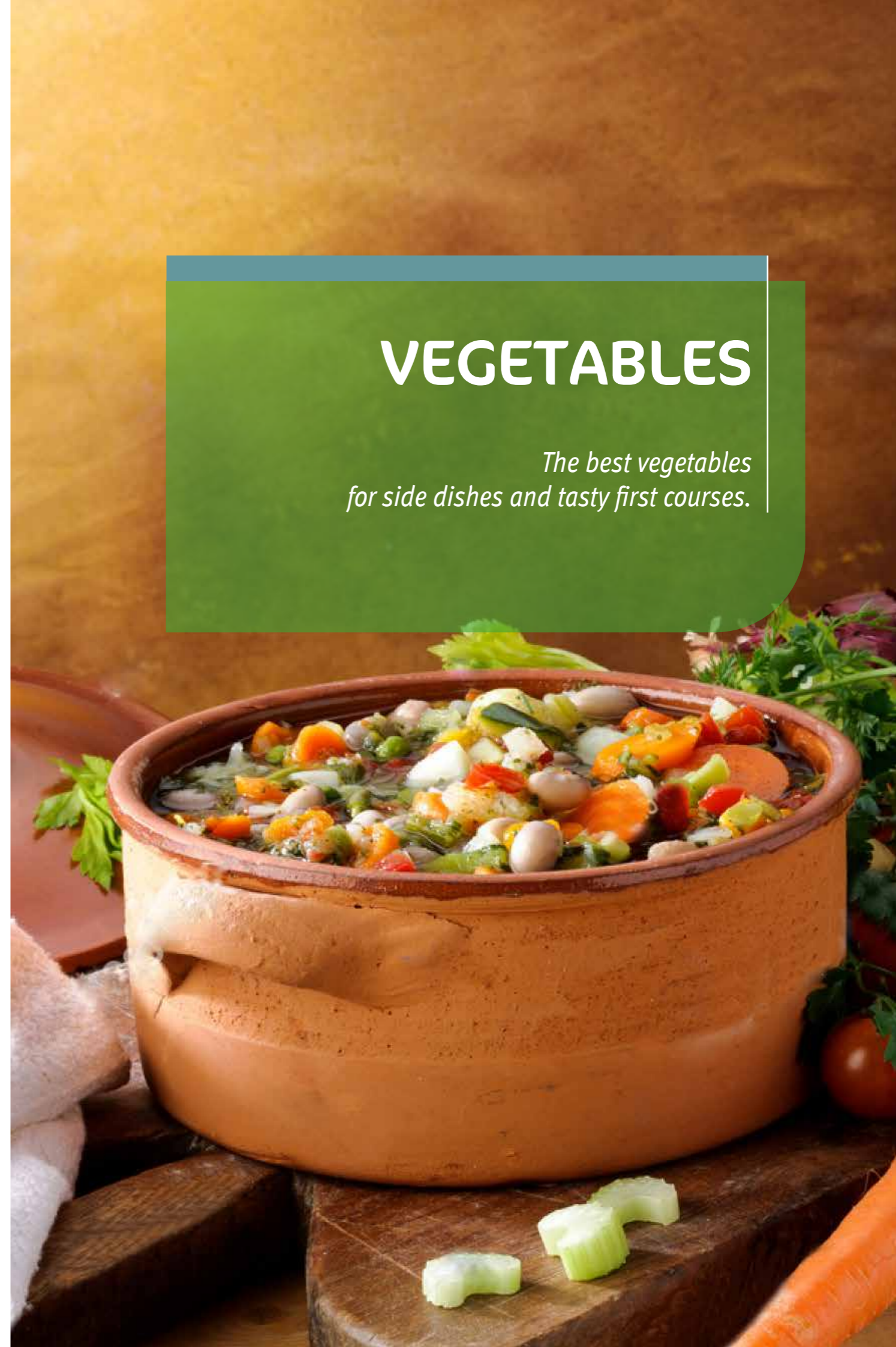
14-15 min

A mix of colorful vegetables, an easy to prepare light side dish that contains all the flavors of the earth: the sweetness of the onion "Cipolla Rossa di Tropea I.G.P." mixes with other vegetables to create a vegetarian dish with contrasting flavors.



# VEGETABLES

*The best vegetables  
for side dishes and tasty first courses.*



## FROZEN SPINACH



INGREDIENTS	Spinach
SIZE	2,5 kg bag

### PREPARAZIONE



8 min



15-20 min

Sweet-tasting peas, perfect to serve as a simple side dish to accompany meat. Peas are also indicated for the preparation of delicious velvety and delicious puree and excellent for use in the preparation of pasta dishes or traditional and delicious arancini.

## FROZEN FINE PEAS



INGREDIENTS	Peas
SIZE	2,5 kg bag

### PREPARAZIONE



8 min

Sweet-tasting peas, perfect to serve as a simple side dish to accompany meat. Peas are also indicated for the preparation of delicious velvety and delicious puree and excellent for use in the preparation of pasta dishes or traditional and delicious arancini.

## FROZEN GREEN BEANS



INGREDIENTS	Green Beans
SIZE	2,5 kg bag

### PREPARAZIONE



10-12 min

Rich in fiber, low in calories and purifying, green beans are an excellent side dish to combine with meat, fish or cheese and can be used in the preparation of pasta dishes, gratins and savory pies.

## VEGETABLES FOR MINISTRONE



INGREDIENTS	Potatoes, carrots, sweetpeas, tomatoes, green beans, borlotti beans, cauliflower, onions, courgettes, spinach, leeks, celery, parsley, basil
SIZE	2,5 kg bag

### PREPARAZIONE



8 min



6-8 min

Vegetables rich in fiber, vitamins and minerals. Excellent for making a soup to be enriched with legumes and cereals and a drizzle of extra virgin olive oil for a nutritious and tasty first course.








# POTATOES AND CHIPS

## POTATOES AND CHIPS

*The best potatoes, the result of a careful selection, available baked and not pre-fried in various cuts to give a touch of imagination to many recipes.*

### GRILLED POTATO WEDGES




<b>INGREDIENTS</b>	Grilled potatoes, salt
<b>SIZE</b>	1 kg bag
<b>PREPARATION:</b>	
 15 min	 7-8 min

Potato wedges oven baked, crispy outside and very soft inside. Excellent as a versatile side dish, simply seasoned with oil and rosemary in combination with meat, fish or for tasty grills. A indispensable help in the kitchen.


### GRILLED POTATOES AND GRILLES SWEET POTATOES IN STICKS





<b>INGREDIENTS</b>	Grilled potatoes, grilled sweet potatoes
<b>SIZE</b>	packable in 1 kg bag
<b>PREPARATION:</b>	
 10-12 min	 8-10 min


A tasty and original side dish with a intense, delicate and enveloping flavor, ideal to accompany second courses of meat. Cooked in a skillet or in the oven and ready in a few minutes.

### GRILLED POTATO WEDGES WITH SKIN






<b>INGREDIENTS</b>	Grilled potatoes, salt
<b>SIZE</b>	450 g bag/ packable in 1 kg bag
<b>PREPARATION:</b>	
 9-10 min	 6-7 min

An accompaniment increasingly appreciated by consumers for sandwiches, hamburgers and second courses in general, ready in a few minutes both in the oven and in a pan. Available also with potatoes "Patata della Sila I.G.P."




### NOT PRE-FRIED POTATO CHIPS






<b>INGREDIENTS</b>	Grilled potatoes, salt
<b>SIZE</b>	750 g bag
<b>PREPARATION:</b>	
 15 min	 7-8 min

Potatoes cut into very thin slices, grilled and crunchy, enjoyable both hot and cold. Ready in a few minutes in the oven or in a skillet in plenty of oil. These can be served with roast meat, hamburger or used as a topping for pizzas and foccias. Also available with potatoes " Patata della Sila I.G.P".




### WHOLE GRILLED POTATOES






<b>INGREDIENTS</b>	Grilled potatoes, salt
<b>SIZE</b>	600 g bag/ packable in 1 kg bag
<b>PREPARATION:</b>	
 15 min	 10-12 min

Small baked potatoes, tasty and delicate, crunchy on the outside and soft on the inside, golden to the right point and very tasty. A quick and tasty side dish, ideal to accompany meat or fish second courses. Also available with potatoes "Patata della Sila I.G.P".



### NOT PRE-FRIED VEGETABLE TRIO IN CHIPS



<b>INGREDIENTS</b>	Grilled potatoes, grilled beetroot, grilled sweet potatoes
<b>SIZE</b>	packable in 750 g bag
<b>PREPARATION:</b>	
 15 min	 7-8 min

Potatoes, sweet potatoes and beetroot in a very original "trio of chips". A colourful and delicious mix to be prepared in a few minutes in the oven or in a skillet with plenty of oil.

# STEAMED

## STEAMED

*A line of ready-to-use steamed vegetables.  
A way to preserve the nutritional content of the  
vegetables and guarantee taste and goodness  
at the same time.*

## ASPARAGUS



**INGREDIENTS** Blanched asparagus

**SIZE** packable in 1 kg bag

### PREPARATION (half bag):



6-7 min



6-7 min

Grown in Southern Italy and steamed. Tender also in the stem, they are ideal to be used for risotto, omelettes or as a side dish. Also available from certified integrated production.



## TURNIPI GREENS



**INGREDIENTS** Blanched turnip greens

**SIZE** 450 g bag / packable in 750 g bag

### PREPARATION:



5-6 min



5 min

Individually frozen turnip greens with little foliage, grown exclusively in Southern Italy and ready in a few minutes. Normally used to dress traditional dishes as orecchiette, to fill sandwiches or focaccias or as a side dish with a strong and distinctive taste.



## BROCCOLI FLORETS



**INGREDIENTS** Blanched broccoli

**SIZE** 600 g bag / packable in 1 kg bag

### PREPARATION:



8 min



9 min

Grown exclusively in Southern Italy and ready in a few minutes, they can be used in the preparation of creams, soups, first courses or tasty side dishes.



## BUTTERNUT SQUASH



**INGREDIENTS** Blanched butternut squash

**SIZE** 1 kg bag

### PREPARATION:



9-10 min



7-8 min

Already cut into cubes with a sweet taste, it can be used to prepare a traditional butternut squash risotto or it can be baked with rosemary for an appetizing side dish to combine with second courses of meat and fish.



## CAULIFLOWER FLORETS



**INGREDIENTS** Blanched cauliflower

**SIZE** 600 g bag/packable in 1 kg bag

### PREPARATION:



8 min



9 min

Cultivated in Italy and steamed. Rich in nutrients and low in carbohydrates, cauliflower florets can be cooked in the oven with a light breading, as a side dish or they can be used to make light soups with a characteristic taste.



## RICED CAULIFLOWER



<b>INGREDIENTS</b>	Blanched cauliflower
<b>SIZE</b>	1 kg bag
<b>PREPARATION:</b>	
 9-10 min	 9-10 min

Cauliflower cut into cubes of a few millimeters and blanched, ideal as an ingredient for tasty risottos, original meatballs or fillings and as a garnish for various dishes.



## ZUCCHINI SPIRALS



<b>INGREDIENTS</b>	Blanched zucchini
<b>SIZE</b>	packable in 1 kg bag
<b>PREPARATION (half bag):</b>	
 9-10 min	 6-7 min

Zucchini spirals are vegan and gluten free, a delicious idea for a side dish or an original first course. Their cut resembles traditional spaghetti, they can be easily defrosted and seasoned with pesto and cherry tomatoes or with all traditional sauces. They are available already portioned in practical nests.



## RICED BROCCOLI



<b>INGREDIENTS</b>	Blanched broccoli
<b>SIZE</b>	1 kg bag
<b>PREPARATION:</b>	
 9-10 min	 9-10 min

Broccoli cut into cubes of a few millimeters and blanched, ideal to prepare croquettes or meatballs, as an ingredient for fillings or as a garnish for various dishes.



## CARROT SPIRALS



<b>INGREDIENTS</b>	Blanched carrots
<b>SIZE</b>	packable in 1 kg bag
<b>PREPARATION (half bag):</b>	
 7-8 min	 6-7 min

Carrot spirals can be seasoned and used in many recipes: an alternative way to enjoy a vegan and gluten-free dish. They are excellent to combine with cheese-based sauces or with a vegetarian sauce or to be used as a garnish or side dish for many second courses. Available already portioned in practical nests.



## RICED BUTTERNUT SQUASH



<b>INGREDIENTS</b>	Blanched butternut squash
<b>SIZE</b>	packable in 1 kg bag
<b>PREPARATION:</b>	
 9-10 min	 9-10 min

Butternut squash cut into cubes of a few millimeters and blanched, an ideal ingredient for the preparation of risotto, fresh filled pasta or sauces to garnish many first and second courses.



## SOFFRITTO BLEND



<b>INGREDIENTS</b>	Blanched onion, blanched celery, blanched carrots
<b>SIZE</b>	packable in 1 kg bag
<b>PREPARATION (half bag):</b>	
 5 min	 5-6 min

Onion, carrots and celery chopped into cubes of a few millimeters. A mix that represents an irreplaceable base for many traditional Italian recipes.



## BROCCOLI AND POTATOES



INGREDIENTS	Blanched broccoli, baked potatoes
SIZE	450 g bag / packable in 1 kg bag

### PREPARATION:



7-8 min



9 min

A delicious and rustic dish, ready in a few minutes, with a tasty flavor and rich in fiber. Steam cooking allows the nutritional properties and color to remain unaltered, giving a much richer and more natural taste.



## TRIO OF CAULIFLOWERS



INGREDIENTS	Steamed cauliflowers (white cauliflowers, orange cauliflowers, purple cauliflowers)
SIZE	1 kg bag

### PREPARATION:



11-12 min



10-11 min

A very colorful dish, with white, orange and purple cauliflowers. Rich in fiber and natural source of vitamin K, it is ideal to give color and taste to many recipes.



## BROCCOLI, CAULIFLOWER AND ROMANESCO



INGREDIENTS	Blanched cauliflower, blanched broccoli, blanched romanesco broccoli
SIZE	packable in 1 kg bag

### PREPARATION (half bag):



7-8 min



6-7 min

A mix of brassicaceae naturally rich in fiber and source of vitamin C. A healthy and tasty side dish; steam cooking allows the nutritional properties and color to remain unaltered.



## TRIO OF CARROTS



INGREDIENTS	Steamed carrots (yellow carrots, orange carrots, purple carrots)
SIZE	1 kg bag

### PREPARATION:



11-12 min



10-11 min

The natural colors of carrots in a healthy and light dish, rich in fiber and source of vitamin A. So much health on the table in a few minutes.

## GIARDINIERA



INGREDIENTS	Pre-cooked vegetables (carrots, peppers, zucchini, broccoli, cauliflower, green beans, artichokes, borettane onions), parsley
SIZE	1 kg bag

### PREPARATION:



11-12 min



13-15 min

A rich side dish with a high nutritional potential. Colorful and very versatile, perfect to be consumed alone or to embellish more elaborate dishes.



## ETHNIC SPECIALTIES

*Our ethnic specialties are dedicated to those who want to embark on a journey to discover new flavors. Various proposals to be tasted as they are or to be enriched at will.*

### VEGETARIAN COUSCOUS



INGREDIENTS	Pre-cooked <b>couscous</b> , grilled zucchini, grilled red and yellow peppers, pre-cooked chickpeas, pre-cooked peas, tomato, grilled onion
SIZE	1 kg bag
<b>PREPARATION:</b>	
 7 min	 6 min

Vegetarian couscous is an excellent base for the preparation of the traditional African recipe. It is delicious when enriched with chicken, shrimp or with a spicy condiment for a more decisive dish.

### PAELLA






INGREDIENTS	Pre-cooked rice, <b>mussels</b> , tomato pulp, <b>squid</b> , <b>shrimp</b> , peas, tomato, <b>clam</b> broth, grilled peppers, grilled zucchini, <b>cuttlefish</b> , onion, white wine, starch of <b>wheat</b> , salt, garlic, extra virgin olive oil, sunflower oil, <b>anchovies</b> in oil, chilli pepper, natural flavor
SIZE	1 kg bag
<b>PREPARATION:</b>	
 13-14 min	 8-9 min

Typical rich and tasty dish of the Spanish gastronomic tradition. A recipe that brings to the table in a few minutes all the goodness and taste of the sea, with yellow rice, mussels, shrimps, squid, grilled vegetables and a tasty fish-based sauce.




### PAELLA WITH ENROBED RICE




INGREDIENTS	Pre-cooked rice, vegetables (tomato, grilled zucchini, peas, grilled onion, baked peppers), <b>shellfish (mussels, squid)</b> , sunflower oil, <b>shrimp</b> , <b>cod</b> , water, onion powder, salt, <b>clam</b> broth, garlic, <b>lobster</b> extract, <b>crab</b> extract, turmeric, sweet paprika, black pepper
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 9-10 min	 10-11 min

A very tasty version of the traditional Spanish dish, even easier to portion thanks to the "enrobed" rice seasoning technology, that is the covering of the single grains of rice with a tasty dressing solution based on oil and fish extracts.


### CHICKEN KEBAB WITH VEGETABLES





INGREDIENTS	Pre-cooked chicken kebab, grilled potatoes, grilled peppers, grilled zucchini, grilled onion
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 5-6 min	

A Middle Eastern dish among the best known of Arab cuisine. The chicken kebab with grilled vegetables is an excellent second dish: complete, quick to prepare, light and appetizing, with chicken, potatoes, peppers, zucchini and onions.

### MEXICAN STYLE SPICY POTATOES



INGREDIENTS	Grilled potatoes, sunflower oil, extra virgin olive oil, sweet paprika, natural sweet paprika flavoring, salt
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 10-11 min	 9-10 min

Delicious baked potato wedges with skin, flavored with sweet paprika and extra-virgin olive oil. The almost smoky aromatic note makes it an excellent accompaniment for second courses of meat or fish that need a strong side dish.



# HEALTHY SALADS

## HEALTHY SALADS

*Many products For those seeking for an healthy and balanced healthy and balanced dishes without needing to sacrifice great taste. Ready in a few minutes, to defrost and consume.*



## “FANTASIA DI CEREALI” GRAIN SALAD



INGREDIENTS	Pre-cooked cereals (oat, barley, spelt, yellow rice, black rice, red rice)
SIZE	1 kg bag

### PREPARATION:



11-12 min



10-12 min

A light and nutritious dish made with pre-cooked whole grains, perfect for fresh summer salads or winter soups.

## VEGETABLE AND PULSES SALAD WITH RICE



INGREDIENTS	Carrots, green beans, pre-cooked black beans, pre-cooked lentils, soy beans, pre-cooked yellow rice, pre-cooked brown rice, pre-cooked black rice, kale, extra virgin olive oil, sunflower oil, water, salt, lemon juice, turmeric, black pepper
SIZE	packable in 1 kg bag

### PREPARATION:



12-13 min



9-10 min

A cheerful and colorful salad ideal to be served cold, practical because already seasoned and ready to be defrosted. A drizzle of extra virgin olive oil makes it even tastier.

## MULTIGRAIN BLEND WITH VEGETABLES



INGREDIENTS	Pre-cooked cereals (barley, spelt, corn, red rice, brown rice, black rice), peas, carrots, grilled zucchini
SIZE	1 kg bag

### PREPARATION:



11-12 min



10-12 min

Healthy, genuine and tasty, a cheerful and fiber-rich dish that can be eaten cold, simply defrosted, or hot with a few minutes of cooking. It is also a valid base to add meat, fish or cheese for a tasty single dish.

## RICE SALAD WITH TURMERIC AND KALE



INGREDIENTS	Pre-cooked lentils, pre-cooked black beans, pre-cooked yellow rice, pre-cooked brown rice, pre-cooked black rice, kale, extra virgin olive oil, sunflower oil, water, salt, lemon juice, turmeric, black pepper
SIZE	1 kg bag

### PREPARATION:



11-12 min



10-11 min

Rice, pulses, kale and a delicate turmeric dressing. A vegetable protein concentrate to be consumed cold simply by defrosting the product.

## BULGUR AND QUINOA SALAD



INGREDIENTS	Pre-cooked bulgur, vegetables (grilled zucchini, grilled red and yellow peppers, black olives), pre-cooked chickpeas, pre-cooked red quinoa
SIZE	1 kg bag

### PREPARATION:



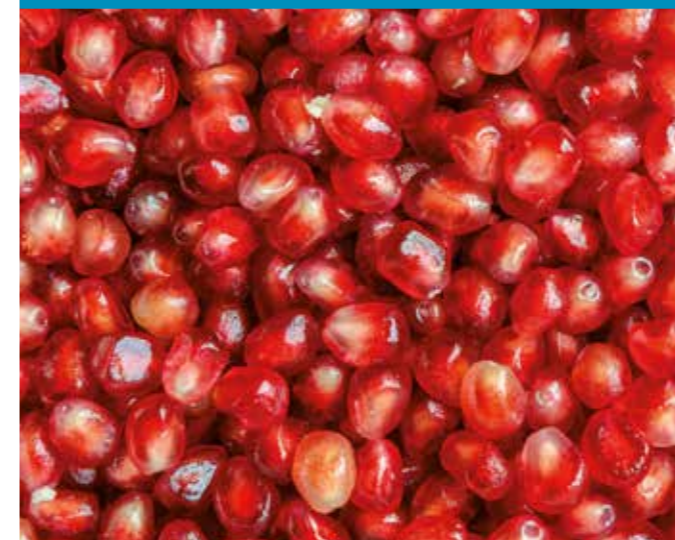
12-13 min



9-10 min

The bulgur and quinoa salad is a mix of cereals, pulses and vegetables. Rich in fiber and vegetable proteins, it can be considered a complete, healthy and nutrient single dish.

## POMEGRANATE ARILS



INGREDIENTS	Pomegranate arils
SIZE	200 g bag/packable in 500 g bag

### PREPARATION:



2-3 min

IQF frozen and shelled pomegranate arils, grown in Calabria without pesticides. They can be defrosted simply at room temperature, in the fridge or in the microwave and are excellent for embellishing salads or risottos or to fill creams and desserts.



MICROWAVABLE

## MICROWAVABLE

*A wide range of products ready in a few minutes in the microwave, from soups in portionable cubes to vegetables au gratin in practical trays also suitable for oven cooking.*

## CREAMY BUTTERNUT SQUASH AND CARROT SOUP



INGREDIENTS	Butternut squash, water, carrots, onion, extra virgin olive oil, salt, garlic, yeast extract, rosemary, black pepper
SIZE	600 g bag / packable in 1 kg bag

### PREPARATION:



8 min



10-11 min

The butternut squash soup is a delicate dish, excellent to be served as an entrée or as a tasty first course. It is prepared with pulp of butternut squash and flavored with extra virgin olive oil and rosemary. Portion of 200g (about 20 cubes).

## CREAMY BROCCOLI SOUP



INGREDIENTS	Vegetables (broccoli, onions, carrots) water, extra virgin olive oil, salt
SIZE	600 g bag/ packable in 1 kg bag

### PREPARATION:



8 min



9-10 min

The creamy broccoli soup is a delicious and high-fiber dish. Prepared with Italian broccoli and extra virgin olive oil, it is perfect to serve with croutons. Portion of 200g (about 20 cubes).

## CREAMY ZUCCHINI SOUP WITH BASIL



INGREDIENTS	Zucchini, water, potatoes, onion, carrots, extra virgin olive oil, salt, basil, black pepper
SIZE	packable in 1 kg bag

### PREPARATION:



8 min



10-11 min

The best Italian zucchini are the main ingredient of this delicate soup, its taste is enriched by the presence of extra virgin olive oil and basil. Portion of 200g (about 20 cubes).

## MEDITERRANEAN GRATIN WITH ZUCCHINI



INGREDIENTS	Grilled zucchini, seasoning(sunflower oil, extra virgin olive oil, salt,mint, garlic, parsley,black pepper, oregano), <b>breadcrumbs</b> flavored with rosemary and sage
SIZE	packable in 300 g tray

### PREPARATION:



18-20 min



9 min

Grilled zucchini rondels with a mint aromatic dressing and a crunchy breading with Mediterranean herbs. Available in a practical in a practical in a practical microwavable tray, ready to serve in just 9 minutes.

## CREAMY ORANGE CAULIFLOWER, CARROT AND SWEET POTATO SOUP



INGREDIENTS	Vegetables (orange cauliflower, carrots, sweet potatoes, leek), water, extra virgin olive oil, salt
SIZE	600 g bag / packable in 1 kg bag

### PREPARATION:



7-8 min



10-11 min

A very soft soup with a creamy consistency and unique flavor: the sweetness of the potatoes matches well with the delicate taste of cauliflower and carrots. Portion of 200g (about 20 cubes).

## POTATO, ZUCCHINI AND PEPPER GRATIN WITH GINGER



INGREDIENTS	Grilled potatoes, grilled zucchini,baked red peppers, seasoning (sunflower oil, extra virgin olive oil, salt, garlic, parsley, black pepper, oregano), <b>breadcrumbs</b> flavored with ginger
SIZE	packable in 280 g tray

### PREPARATION:



18-20 min



9 min

Potatoes, zucchini and Italian red peppers with a crunchy ginger breading and a dressing based on oil and aromatic herbs. A colorful recipe with a strong taste, available in a practical 280 g tray, ready in the microwave in just 9 minutes.

## GREEK STYLE VEGETABLE GRATIN



<b>INGREDIENTS</b>	Grilled aubergines, tomato,grilled potatoes, seasoning (sunflower oil, extra virgin olive oil, salt, mint, garlic, parsley, oregano, black pepper), feta <b>cheese, breading</b>
<b>SIZE</b>	packable in 280 g tray

### PREPARAZIONE



18-20 min



9 min

Potato gratin, aubergines and tomato, enriched with feta cheese and an aromatic mint and parsley dressing. Available in a handy 280g tray and ready in the microwave in just 9 minutes.

## ZUCCHINI PARMIGIANA



<b>INGREDIENTS</b>	Tomato sauce (tomato sauce, extra virgin olive oil, corn starch, salt, garlic, oregano), grilled zucchini, <b>mozzarella cheese, grated cheese</b>
<b>SIZE</b>	packable in 340 g tray

### PREPARAZIONE



20 min



8-9 min

It can be served as an appetizer, single dish or as a second summer dish, prepared with grilled sweet zucchini rondels and made even tastier by the tomato sauce and mozzarella. Available in a 340 g tray, ready in the microwave in just 8-9 minutes.

## POTATO GRATIN WITH BACON



<b>INGREDIENTS</b>	Grilled potatoes, seasoning (sunflower oil, extra virgin olive oil, salt, garlic, parsley, black pepper, oregano), bacon, <b>breading, grated cheese</b>
<b>SIZE</b>	280 g tray

### PREPARAZIONE



18-20 min



9 min

Thinly sliced potatoes, crunchy bacon and savory cheese are the main characters of this strong taste recipe. Available in a handy 280g tray and ready in the microwave in just 9 minutes.

## AUBERGINE PARMIGIANA



<b>INGREDIENTS</b>	Tomato sauce (tomato sauce, extra virgin olive oil, basil, corn starch, salt, garlic), grilled aubergines, <b>mozzarella cheese, grated cheese</b>
<b>SIZE</b>	packable in 400 g tray

### PREPARAZIONE



20 min



10-11 min

A "light" version of the traditional recipe made with grilled aubergines, tasty tomato sauce and stringy mozzarella cheese. Available in a practical 400 g tray, ready in the microwave in just 10 minutes.






# PRE-COOKED CEREALS AND PULSES

## PRE-COOKED CEREALS AND PULSES


*A wide selection of pre-cooked and IQF frozen rice, cereals and pulses, excellent ingredients for salads and healthy and delicious first courses. Many proposals, because the imagination has no limits.*



### SPELT




INGREDIENTS	Pre-cooked <b>spelt</b>
SIZE	1 kg bag
<b>PREPARATION:</b>	
 7-8 min	 6-7 min



### WHITE AND RED QUINOA




INGREDIENTS	Pre-cooked <b>quinoa</b>
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 7-8 min	 6-7 min



### BARLEY




INGREDIENTS	Pre-cooked <b>barley</b>
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 7-8 min	 6-7 min



### BULGUR




INGREDIENTS	Pre-cooked <b>bulgur</b> , salt
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 7-8 min	 6-7 min



### OATS



INGREDIENTS	Pre-cooked <b>oats</b>
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 7-8 min	 6-7 min

### WHEAT




INGREDIENTS	Pre-cooked <b>wheat</b> , salt
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 7-8 min	 6-7 min



### COUS COUS




INGREDIENTS	Pre-cooked <b>couscous</b> , salt
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 7-8 min	 6-7 min



### CANNELINI BEANS




INGREDIENTS	Pre-cooked beans, salt
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 7-8 min	 6-7 min



### CHICKPEAS




INGREDIENTS	Pre-cooked chickpeas, salt
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 7-8 min	 6-7 min




### RED BEANS




INGREDIENTS	Pre-cooked beans, salt
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 7-8 min	 6-7 min



### BORLOTTI BEANS



INGREDIENTS	Pre-cooked beans, salt	
SIZE	1 kg bag	
<b>PREPARATION:</b>		
 8-10 min	 7-8 min	 6-7 min

### BLACK BEANS



INGREDIENTS	Pre-cooked beans, salt
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 7-8 min	 6-7 min



## LENTILS



INGREDIENTS	Pre-cooked green lentils
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 7-8 min	 6-7 min

## BLACK RICE



INGREDIENTS	Pre-cooked rice, salt
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 7-8 min	 6-7 min

## LONG GRAIN RICE



INGREDIENTS	Pre-cooked rice, sunflower oil, salt
SIZE	1 kg bag
<b>PREPARATION:</b>	
 7-8 min	 6-7 min

## RED RICE



INGREDIENTS	Pre-cooked rice, salt
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 7-8 min	 6-7 min

## YELLOW RICE



INGREDIENTS	Pre-cooked rice, sunflower oil, salt, turmeric
SIZE	1 kg bag
<b>PREPARATION:</b>	
 7-8 min	 6-7 min

## BROWN RICE



INGREDIENTS	Pre-cooked brown rice, salt
SIZE	1 kg bags and other formats
<b>PREPARATION:</b>	
 7-8 min	 6-7 min

# PRE-COOKED PASTAS

## PRE-COOKED PASTAS


*Various shapes of IQF frozen and pre-cooked pasta, ready in just a few minutes to optimize preparation time in the kitchen. Ideal to combine with sauces or to use as a base for tasty summer salads.*



### PENNE



INGREDIENTS	Pre-cooked durum <b>wheat</b> semolina pasta, salt
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 6-7 min	 5-6 min

### DITALI RIGATI




INGREDIENTS	Pre-cooked durum <b>wheat</b> semolina pasta, salt
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 6-7 min	 5-6 min



### FUSILLI



INGREDIENTS	Pre-cooked durum <b>wheat</b> semolina pasta, salt
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 6-7 min	 5-6 min

### ORECCHIETTE



INGREDIENTS	Pre-cooked durum <b>wheat</b> semolina pasta, salt
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 6-7 min	 5-6 min

### TORTIGLIONI



INGREDIENTS	Pre-cooked durum <b>wheat</b> semolina pasta, salt
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 6-7 min	 5-6 min

### FILEI



INGREDIENTS	Pre-cooked durum <b>wheat</b> semolina pasta, salt
SIZE	packable in 1 kg bag
<b>PREPARATION:</b>	
 6-7 min	 5-6 min

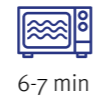
# GOMITI RIGATI



INGREDIENTS	Pre-cooked durum <b>wheat</b> semolina pasta, salt
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SIZE	packable in 1 kg bag
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### PREPARATION:



6-7 min

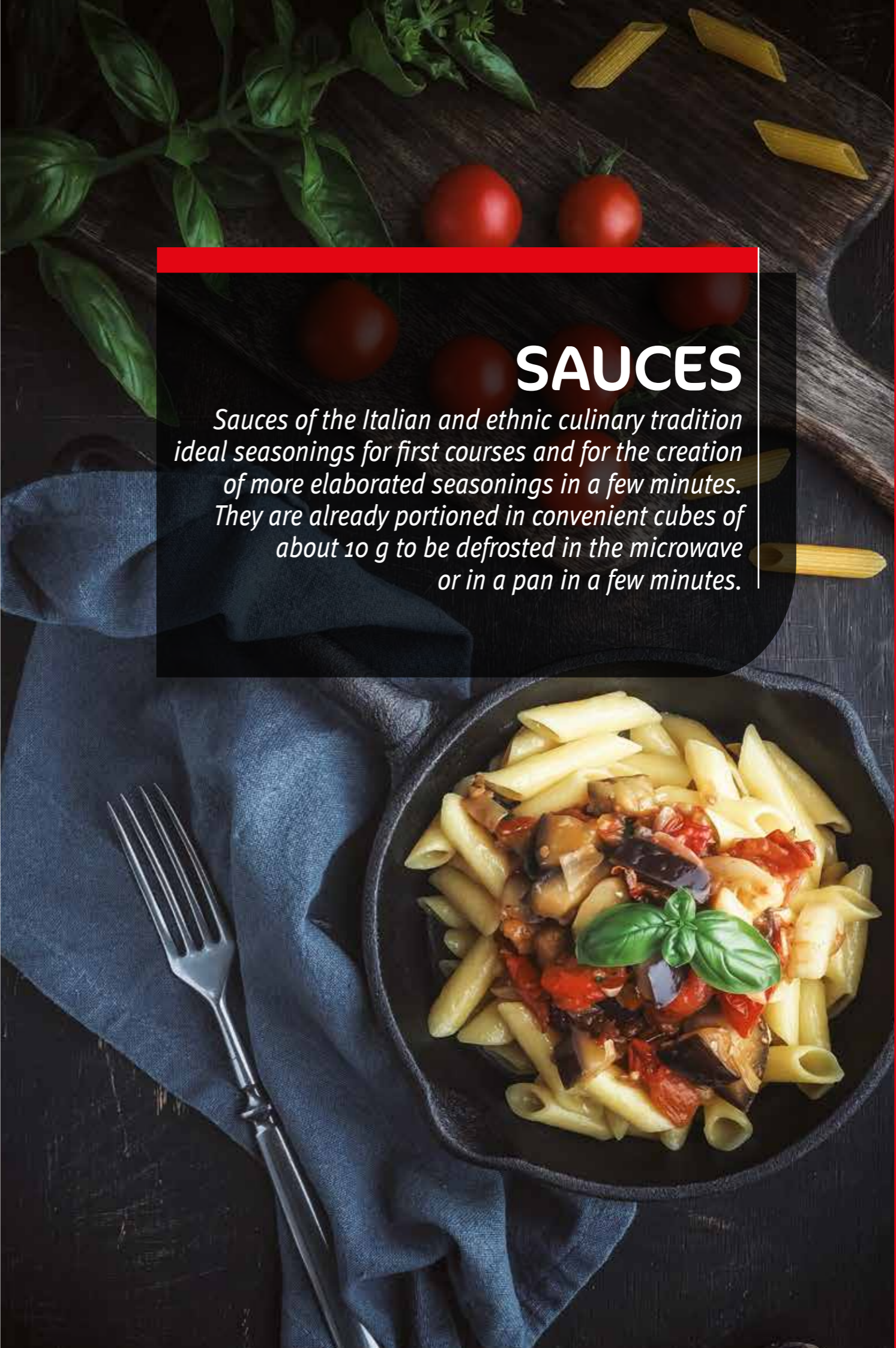


5-6 min



# SAUCES

*Sauces of the Italian and ethnic culinary tradition ideal seasonings for first courses and for the creation of more elaborated seasonings in a few minutes. They are already portioned in convenient cubes of about 10 g to be defrosted in the microwave or in a pan in a few minutes.*



## SORRENTINA SAUCE



INGREDIENTS	Tomato puree, water, onion, extra virgin olive oil, basil, salt, garlic, chilli pepper
SIZE	packable in 1 kg bag

## PREPARATION (half bag):



6-7 min



5-6 min

A dip in the most classic of the Campania recipes with a tasty sauce made with tomato, extra virgin olive oil and basil.

## PAELLA SAUCE



INGREDIENTS	Tomato pulp, water, clam broth, cuttlefish, mussels, onion, white wine, wheat starch, salt, garlic, extra virgin olive oil, sunflower oil, anchovies in oil, chilli pepper, natural flavoring
SIZE	packable in 1 kg bag

## PREPARATION (half bag):



6-7 min



5-6 min

A sauce based on tomato, clam broth and fish, paella- flavoured, the typical dish of the Spanish cuisine.

## NORMA SAUCE



INGREDIENTS	Tomato pulp, aubergines, water, sunflower oil, salted ricotta, basil, extra virgin olive oil, garlic, salt, chilli pepper
SIZE	packable in 1 kg bag

## PREPARATION (half bag):



6-7 min



5-6 min

The best known sauce of the Sicilian cuisine, based on tomato, aubergine and salted ricotta, in convenient frozen cubes ready to use.

## MUSHROOM SAUCE



INGREDIENTS	Water, champignon mushrooms, cream, whole milk, onion, butter, wheat starch, parsley, white wine, salt, dried porcini mushrooms, garlic, black pepper
SIZE	packable in 1 kg bag

## PREPARATION (half bag):



6-7 min



5-6 min

A practical base to be used for the preparation of risotto, tagliatelle and many other dishes, with mushrooms, cream and parsley.

## CACIO E PEPE SAUCE



INGREDIENTS	Water, cheese "Pecorino Romano DOP", milk, wheat starch, salt, black pepper
SIZE	packable in 1 kg bag

## PREPARATION (half bag):



6-7 min



5-6 min

A sauce that reflects the original typical recipe of the Lazio tradition, with "Pecorino Romano DOP" and black pepper. Excellent to dress spaghetti or as a delicious match for potatoes and main courses.

## TURNIP GREENS SAUCE



INGREDIENTS	Water, turnip greens, zucchini, extra virgin olive oil, sunflower oil, anchovies in oil, corn starch, garlic, salt, chilli pepper
SIZE	packable in 1 kg bag

## PREPARATION (half bag):



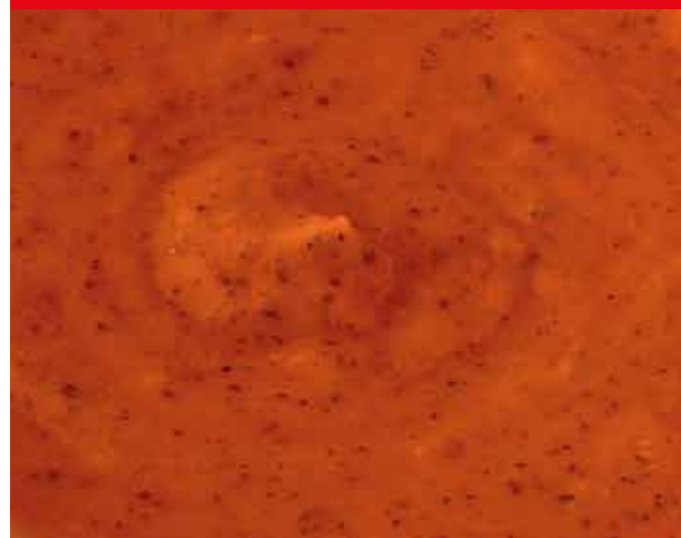
6-7 min



5-6 min

The typical Apulian flavors in a sauce that accompanies the orecchiette and turnip greens, with turnip greens, anchovies and chilli pepper, already portioned and ready to use.

## ARRABBIATA SAUCE



## INGREDIENTS

Tomato pulp, onion, extra virgin olive oil, sugar, basil, garlic, salt, chilli pepper

## SIZE

packable in 1 kg bag

## PREPARATION (half bag):



6-7 min



5-6 min

A traditional tomato sauce, with extra virgin olive oil and chilli pepper with a strong and rustic taste.

# GLUTEN FREE

*A line of colorful and tasty veggie piadinas and pizzas, dedicated to those who follow a gluten-free diet but are constantly looking for novelty*



## VEGGIE CAULIFLOWER PIADINA



INGREDIENTS	Cauliflower, rice flour, chickpea flour, potato starch, corn starch, extra virgin olive oil, vegetable fibers, salt
SIZE	2 x 170 g

## PREPARATION:



7 min



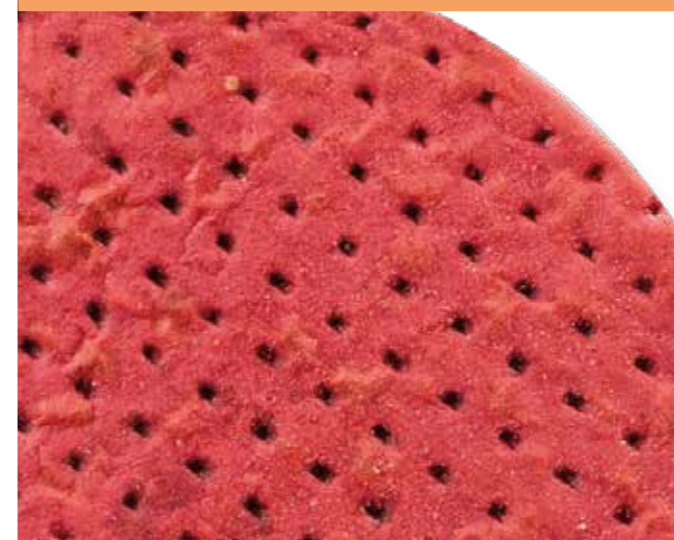
2 min



2 min

A mix of gluten-free flours, extra virgin olive oil and a light but tasty vegetable like cauliflower to give life to a vegan and gluten-free product that is very easy to prepare: in the oven to obtain a crunchy pizza base, in a skillet or in microwave to obtain a fragrant piadina to be stuffed and rolled up.

## VEGGIE BEETROOT PIADINA



INGREDIENTS	Beetroot, rice flour, chickpea flour, potato starch, corn starch, extra virgin olive oil, vegetable fibers, salt
SIZE	2 x 170 g

## PREPARATION:



7 min



2 min



2 min

An unusual piadina with an original color given by the beetroot present in the dough. It can be defrosted in a frying pan or in microwave in a few minutes and stuffed with salted creams, cheeses, vegetables or cold cuts or baked in the oven for a colorful gluten-free pizza base.

## VEGGIE BROCCOLI PIADINA



INGREDIENTS	Broccoli, chickpea flour, rice flour, potato starch, corn starch, extra virgin olive oil, vegetable fibers, salt, spinach powder
SIZE	2 x 170 g

## PREPARATION:



7 min



2 min



2 min

An original way to enjoy broccoli, incorporated in the mixture of a vegan and gluten-free green piadina. Easy to cook: in the oven to obtain a crunchy pizza base or in a skillet or in microwave to obtain a fragrant piadina to be stuffed and rolled up.

## CAULIFLOWER PIZZA MARGHERITA



INGREDIENTS	Cauliflower dough (cauliflower, rice flour, chickpea flour, potato starch, corn starch, extra virgin olive oil, vegetable fibers, salt), sauce tomato pulp, extra virgin olive oil, corn starch, garlic, salt), mozzarella <b>cheese</b> , basil
SIZE	320 g

## PREPARATION:



7-8 min

The traditional pizza recipe in an original version with a gluten-free cauliflower crunchy base.

## VEGGIE BUTTERNUT SQUASH PIADINA



INGREDIENTS	Butternut squash, rice flour, chickpea flour, potato starch, carrots, corn starch, vegetable fibers, extra virgin olive oil, butternut squash powder, salt
SIZE	2 x 170 g

## PREPARATION:



7 min



2 min



2 min

A colorful version of the classic piadina, with the characteristic taste of butternut squash, excellent when stuffed with cold cuts and with creamy cheeses. It can also be baked and used as a delicious gluten-free pizza base.

## BROCCOLI PIZZA WITH VEGETABLES



INGREDIENTS	Broccoli mixture (broccoli, chickpea flour, rice flour, potato starch, corn starch, extra virgin olive oil, vegetable fibers, salt, spinach powder), sauce (tomato pulp, extra virgin olive oil, corn starch, garlic, salt), <b>mozzarella</b> , grilled peppers, broccoli, basil
SIZE	380 g

## PREPARATION:



7-8 min

A colorful pizza with vegetables (with broccoli, red and yellow peppers) characterized by a delicious gluten-free broccoli base.

# BREADED

## BREADED

*Battered and breaded vegetables,  
not pre-fried and with low-fat.*

The best vegetables ripened under the southern sun  
are battered and covered with delicious breading  
to give the product the right browning and crunchiness.  
An innovative baking technology allows vegetables  
to absorb only 2% of fats.



Several vegetables  
options available

Less  
in fat

Healthy  
product

Not  
Pre-fried





**GIAS** <sup>srl</sup>

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