

SPECIALITY VEGETABLES

Mangetout

Flat, crunchy pods, to be eaten whole.

Mangetout, or snow pea, is a flat, tender pod harvested before the peas develop. It is eaten whole, once the string is removed. Crunchy and sweet, it cooks very quickly, stir-fried in the wok, blanched or steamed, or is served raw in julienne in a salad.

FLAVOUR
Sweet, crunchy, vegetal

ORIGINS
Kenya, Egypt, Zimbabwe, Guatemala

Seasons and origins

Peak season · Early · Late · Rare

	J	F	M	A	M	J	J	A	S	O	N	D
All origins	●	●	●	●	●	●	●	●	●	●	●	●
Kenya	●	●	●	●	●	●	●	●	●	●	●	●
Egypt	◐	●	●	●	◐				○			
Zimbabwe					◐	●	●	●	○			
Guatemala			◐	○	●	●		●	●			

Indicative calendar based on our sales. Our sales team will confirm current availability.

Pack sizes

• **Punnet 250 g × 12**	Kenya, Egypt, Zimbabwe, Guatemala
• **Punnet 150 g × 6**	Kenya
• **Loose 2 kg**	Kenya
• **Case 2 kg**	Zimbabwe, Egypt, Kenya
• **150 g × 6**	Egypt
• **Punnet 250 g × 9**	Kenya

In the kitchen

- Wok-fried with ginger
- Blanched in a salad with citrus
- Raw in julienne over fish

Orders and prices
Moorea — 69 rue de Perpignan, Bâtiment D3, marché international de Rungis, 94550 Rungis
01 56 70 62 40 · commercial@moorea.fr · qualite@moorea.fr