Fresh Mangetout

Product Images

Description

Fresh mangetout are edible podded peas known for their tender, crunchy texture and sweet flavour. These flat, crisp pods contain small, undeveloped peas within and are harvested while still young, making both the pod and peas edible. Mangetout pods are characterised by their bright green colour and are typically enjoyed raw as a crunchy and refreshing snack or added to salads for their sweet and crisp texture. They're also commonly used in stir-fries, sautés, and quick cooking methods, as they retain their crunch even when briefly cooked.

Additional Information

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Seasonal	No
About Supplier	Caterite stock over 350 lines of fresh fruit and vegetables ranging from all the basics, to micro herbs, edible flowers, seasonal greens, salad essentials and exotics. Through our customer base we have developed and grown the range over a number of years, and now offer the most expansive and accessible fresh produce range in Cumbria. Over fifty percent of our business is fresh, so we understand the importance of availability, quality and price. Unlike most other wholesalers, we purchase direct from growers or farmers in the UK and Europe. We have a produce hub in Lancashire where all of our local and nationwide sourced goods from farmers and growers are collated and then delivered daily directly to our depot. From field to Caterite and to our customers in less than 24 hours, it just does not get any fresher.
About Producer	Have you considered using our prepared fruit and vegetable range? Caterprep is part of the Caterite family and was formed in 2018 and currently produces over 200 different ready to use prepared lines to help busy chefs save time and money in the kitchen, without compromising on quality, specification or freshness. The team is made up of a mixture of chefs, kitchen and manufacturing experienced members, who help us deliver the product range our customers are looking for. Operating 24 hours a day we ensure that the products our customers receive are as fresh as possible. Prepared product offering is all about service, and this along with product quality is top of the agenda for the Caterprep team. Make use of our vast distribution network and service where orders can be placed up to midnight for next day delivery.

Ingredient Sourcing	We source our fresh produce direct from suppliers locally and globally, most of which are growers and exporters, this ensures fresh quality produce and better delivery. When choosing suppliers, it is not only the product quality we care about but the way they source their products, how they treat their suppliers and the environment. We always check their accreditations, assurance certificates and whether they comply with ETI (Ethical Trading Initiative).
Benchmarking	We regularly cook with our fresh produce in our demonstration kitchen to see how the product holds up during the cooking process and of course most importantly, to taste the flavour and to educate our team.
Additional Information	Please note all nutritional values are approximate and subject to variation.
Country of Origin	Peru
Energy (Kcal)	42
Energy (KJ)	176
Fibre	2.3
Brands	Caterite
Protein	3.6
Salt	0.01
Why Buy from Caterite?	For over 50 years Caterite Foodservice have been successfully providing the hospitality and catering sector with the very best fresh produce from Cumbria, the UK and abroad. We have worked hard to establish an enviable reputation for supplying our customers and chefs with top quality goods exactly to order, all delivered at competitive prices as part of an unrivalled fast, friendly and efficient service in which extra is standard. It means our customers trust Caterite because they know they can rely on us. As always, we remain fiercely proud of our Cumbrian roots and much of our vast stock comes from local suppliers. Strong on tradition, we are also a forward thinking innovative company, with an ever expanding fleet of high tech refrigerated delivery vehicles and state of the art facilities at our headquarters at Embleton in the Lake District National Park. We are market leaders and the changes we are constantly introducing to improve our service are aimed at keeping us and our customers ahead of the competition.
Size	1.5kg
Pack Size	1

Dietary & Lifestyle	Suitable for vegetarians, Suitable for vegans
Fat	0.2
of which saturates	0.01