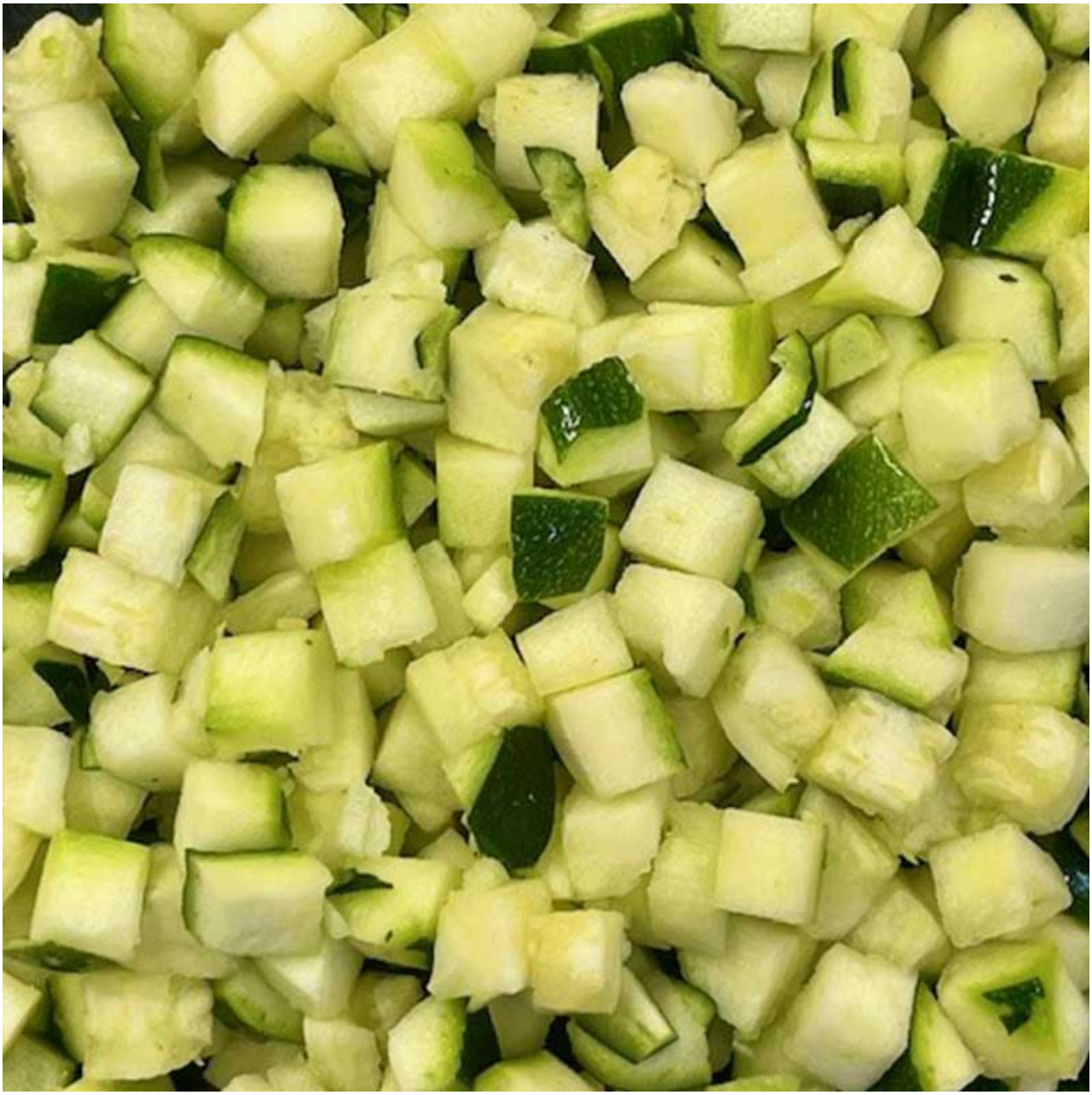
# Prep Courgette Diced (10mm)

## Product Images



## Description

Embrace the mild and versatile charm of fresh courgettes, also known as zucchini, a tender summer squash that captivates with its subtle flavour and tender texture. Our Courgette has been carefully selected, washed and diced on site by our dedicated CaterPrep Team.

## Additional Information

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| SKU | 13166 |
| Description | Embrace the mild and versatile charm of fresh courgettes, also known as zucchini, a tender summer squash that captivates with its subtle flavour and tender texture. Our Courgette has been carefully selected, washed and diced on site by our dedicated CaterPrep Team. |
| Seasonal | No |
| About Supplier | CaterPrep is part of the Caterite Group and makes use of the vast distribution network, enabling customers to use the service every week. |
| About Producer | CaterPrep 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. |
| Directions for use | Given the nature of the product range we recommend that once the product has been opened you wash it with water before use. |
| Why Buy Prep? | Buying Prep saves you time, money and enhances efficiency in your kitchens. CaterPrep is operational 24 hours a day to ensure that the products our customers receive are as fresh as possible. |
| Storage Instructions | Ideal storage temperature 0.8°C – 5.8°C. |
| Ingredient Sourcing | We try to source our ingredients direct from local growers or at least UK suppliers as much as possible to help reduce food miles and our carbon footprint, whilst supporting UK suppliers. |
| Benchmarking | We regularly cook with our freshly prepared produce range 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 | Great Britain |
| Energy (Kcal) | 16 |

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| Energy (KJ) | 66 |
| Fibre | 0.5 |
| Ingredients | Courgette (100%) |
| Availability | Order by 12 noon |
| Brands | CaterPrep |
| Protein | 1.3 |
| Salt | 0.05 |
| Why Buy from Caterite? | Caterite aim to supply the finest ingredients and produce to chefs by working directly with suppliers, growers, and producers throughout the UK and from around the world. For us, Service Is Everything. |
| Size | 2.5kg |
| Pack Size | 1 |
| Dietary & Lifestyle | Suitable for vegetarians, Suitable for vegans |
| Fat | 0.2 |
| of which saturates | 0.05 |