

Spicy Vegetable & Lentil Dhal

Ready Meal



Nutritional Values	Per 100g	Per Pouch 300g
Energy Kj	335.0	1005.0
Energy Kcal	79.0	237.0
Protein (g)	4.2	12.6
Carbohydrate (g)	11.3	33.9
of which sugar (g)	3.6	10.8
Fat (g)	2.0	6.0
of which saturated (g)	0.5	1.5
Fibre (g)	3.5	10.5
Sodium (g)	0.2	0.6
Equivalent in salt (g)	0.5	1.6

Vegetarian



Vegan



Allergens

none

Produced in a nut free factory

Ingredients

tomatoes (29%), red peppers, peas, water, onion, green lentils (11%), curry paste (3%) (rapeseed oil, ground coriander, ground cumin, garam masala, ground turmeric, ginger, sea salt, ground fenugreek, chilli powder, ground cardamom), garlic, cornflour, dried onion, olive oil, sea salt, black pepper, coriander