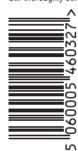
HEATING INSTRUCTIONS - To be used as a guide only.



Empty contents into a saucepan and heat gently, while stirring, until hot throughout. Do not allow to boil.



Empty into a microwave dish, cover and vent. Heat on full power for 2½ minutes (750W), stir and re-cover. Heat for a further 1 minute. Stir thoroughly before serving.



Store in a cool dry place. Once opened. transfer to a non-metallic container, keep refrigerated and use within 2 days.

Produced in UK for: Venture Foods UK Ltd, Unit S23 Hastingwood Ind. Park, Wood Ln, Birmingham, B24 9QR

www.geoorganics.co.uk
EU: Rua Lourenco Moleiro, 233, Zona Ind. de Mosteiro,
4520-409 Mosteiro VFR, Portugal.
Australian Distributor: Watersteps Pty Ltd, 2/92a
Bradleys Head Road Mosman, NSW 2088









GB-ORG-05 EU/non EU Agriculture UK/Non UK Agriculture

INGREDIENTS

Water, Vegetables in variable quantities* (17%) (Red Kidney beans* Red lentils*, Red peppers* Onions*), Chickpeas* (10%), Tomato Puree*, Apricots*, Rapeseed oil*, Rice flour*, Curry powder* (turmeric*, coriander*, onion powder*, chilli powder*, cumin*, black pepper*, fenugreek*, sea salt, garlic powder*, ginger*, fennel*), Sea salt, Smoked paprika*, Cinnamon*, Cumin*. *Organically Produced.

ALLERGY ADVICE

For allergens, see ingredients in bold. This product is made in a factory that handles nut products.

Nutritional Information	
Typical Values	per 100g
Energy	362kJ
	86kcal
Fat	2.6g
of which saturates	0.2g
Carbohydrate	10.9g
of which sugars	1.3g
Fibre	2.5g
Protein	3.5g
Salt	0.5g

Typical values per 1/2 bowl Serving (200g), % GDA

	_			
Energy	LOW	LOW	LOW	MED
172	Sugar	Fat	Sat Fat	Salt
kcal	2.6g	5.2g	0.4g	1.00
9%	3%	7%	2%	17%
	0.10	. 70	-70	

For Best Before End: See end of can.