

**HEATING INSTRUCTIONS** - To be used as a guide only.



**To Heat on the Hob**

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



**To Microwave**

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](http://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



**FRESH  
TASTE**

**ORGANIC  
Moroccan  
Chickpea  
Tagine**

A satisfying and warming chickpea  
dish gently spiced with paprika



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

**400g e**

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

Energy	LOW	LOW	LOW	MED
	Sugar	Fat	Sat Fat	Salt
<b>172</b>	<b>2.6g</b>	<b>5.2g</b>	<b>0.4g</b>	<b>1.00g</b>
<b>9%</b>	<b>3%</b>	<b>7%</b>	<b>2%</b>	<b>17%</b>

For Best Before End:  
See end of can.

**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