

LEON

MEAL FOR ONE

KERALAN STYLE LENTIL & CHICKPEA CURRY WITH TOMATO, CREAM & KASHMIRI CHILLI



SERVING SUGGESTION



READY IN 90 SECONDS



HOLD HERE

COOKED LENTILS & CHICKPEAS IN A SPICY CURRY SAUCE WITH TOMATO, CREAM & KASHMIRI CHILLI

Why can't fast food be good for you? Our mission is to prove it can. That's why we've created microwave meals, inspired by our restaurant menu—naturally fast & good for you.

INGREDIENTS: Cooked Brown Lentils (34%) (Water, Brown Lentils), Cooked Chickpeas (20%) (Water, Chickpeas), Chopped Tomatoes (9%) (Tomatoes, Tomato Juice), Coconut Cream (Coconut Extract, Water), Single Cream (MILK) (8%), Green Beans, Onions, Tomato Paste (4%), Vegetable Oil (Rapeseed and/or Sunflower), Ginger Puree, Vegetable Bouillon [Salt, Yeast Extract, Dextrose, Potato Starch, Onion Extract, Carrot Powder, Parsley, Colour (Curcumin), Herb Extracts (Marjoram, Thyme, Sage), Pepper Extract], Cornflour, Cumin Seeds, Green Jalapeno, Roasted Garlic Puree, Seasoning Powder [Ground Spices [Coriander, Fenugreek, Turmeric, Caraway, Cayenne Chilli, Cumin, Paprika, Black Pepper], Potato Starch, Salt, Rapeseed Oil, Garlic Powder], Turmeric Powder, Kashmiri Chilli Powder (0.4%), Salt, Cinnamon Powder, Date Powder, Crushed Curry Leaf, Ground Coriander, Cardamom Powder, Ground Bay Leaf. For allergens, see ingredients in **BOLD CAPITALS**.

TYPICAL VALUES AS SOLD PER 100G:
Energy 456kJ/109kcal, Fat 4.0g, of which saturates 2.5g, Carbohydrates 11.6g, of which sugars 1.9g, Fibre 4.0g, Protein 4.7g, Salt 0.64g.

TYPICAL VALUES AS SOLD PER 250G
SERVING: Energy 1139kJ/272kcal, Fat 9.9g, of which saturates 6.3g, Carbohydrates 28.9g, of which sugars 4.8g, Fibre 10.1g, Protein 11.8g, Salt 1.61g.

SERVING SUGGESTION

Spice up your midweek meal by serving with red chilli slices, chopped cashews, coconut flakes & a sprinkle of parsley.



Packed in the UK for
LEON Grocery Ltd.,
27 Copperfield Street,
London, SE1 0EN, United Kingdom.
LEON Grocery Ltd.,
Princenhagelaan 9,
4813 DA Breda, The Netherlands.

WE'D LOVE TO
HEAR FROM YOU:
@leonrestaurants
leon.co/larder



250g e

HEATING INSTRUCTIONS:

FOR BEST RESULTS MICROWAVE.

MICROWAVE ON FULL POWER:



HOB ON A MEDIUM HEAT:



WARNING: Take care when opening the pouch as hot steam may escape.

Leave to stand for 1 minute. Check product is piping hot before serving, but it can also be eaten cold.

All cooking appliances vary, this is a guide only.

Store in a cool dry place. Once opened, enjoy immediately. Do not reheat.
Packaged in a protective atmosphere.

Best Before End:

