

ITz  
not JUST



# TOFU

## TIKKA MASALA

Firm tofu with home blend  
tikka masala



Bring the warmth of India to your plate  
with Tikka Masala!

Per ½ pack (as sold)



ENERGY	FAT	SATURATES	SUGARS	SALTS
819kJ 192kcal	10.8g	1.4g	0g	0.01g
10%	15%	7%	0%	0.2%

% of adult reference intake.  
Typical values per 100g: Energy 585kJ/140kcal

Net weight. 280g

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SLEEVE Recycle  
 FILM Don't recycle at home  
RECYCLE AT RECYCLING POINT

Keep refrigerated below 5°C. Not suitable  
for home freezing.

### Storage

This product contains 2 servings

Energy (kJ/kcal)	585 / 140	819 / 192
Fat (g)	7.8	10.8
of which saturates (g)	1	1.4
Carbohydrates (g)	2.9	3.8
of which sugar (g)	0	0
Protein (g)	14.6	20.44
Salt (g)	0.01	0.01

TYPICAL	VALUE	Per	Per
	100g	½ pack	(140g)

### Nutrition Info.

BEST BEFORE

Produced in UK for:  
UK: NAH Foods Ltd, Havant House, 274  
Ampthill Road, MK42 9QJ

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See ingredients in **BOLD**.

### Allergens

Dry Fenugreek leaves).  
Seeds, **SESAME** seeds, cloves, Bay Leaf,  
Cardamom, Black Pepper, Caraway  
Seeds, Green Cardamom, Black  
Black Salt, Dry Mango Powder, Fennel  
Chillies, Cinnamon, Coriander Seeds,  
Masala 1% (Cummin Seeds, Dry Red  
Tofu (Water, **SOYA** bean, Nigari), Tikka

### Ingredients

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GLUE AREA