

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



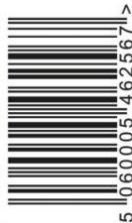
**To Heat on the Hob**

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 the UK for: Venture Foods UK Ltd, PO Box 29, Shrewsbury, SY1 1XU. UK. [www.geoorganics.co.uk](http://www.geoorganics.co.uk)

EU: Rua Lourenco Moleiro, 233, Zona Industrial de Mosteiro, 4520-409 Mosteiro VFR, Portugal.

Australian Distributor: Watersteps Pty Ltd, 2/92a Bradleys Head Road Mosman NSW 2088.

**Geo ORGANICS**

**FRESH TASTE**

**ORGANIC Coconut & Kale Dahl**

A delicately spiced dahl made with yellow split peas, coconut milk, kale and tomato



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

**400g<sup>e</sup>**

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

Energy	LOW	MED	MED	LOW
	Sugar	Fat	Sat Fat	Salt
<b>172 kcal</b>	<b>1.6g</b>	<b>8.4g</b>	<b>5g</b>	<b>0.56g</b>
<b>9%</b>	<b>2%</b>	<b>12%</b>	<b>25%</b>	<b>9%</b>

For Best Before End:  
See end of can.

**INGREDIENTS**

Water, Coconut Milk\* (14%), Yellow Split Peas\*, Onion\*, Chopped Tomato\*, Kale\* (3%), Sunflower Oil\*, Ginger Puree\*, Garlic Powder\*, Sea Salt, Coriander Leaf\*, Chilli Powder\*, Turmeric\*, Curry Powder\* (Turmeric\*, Coriander\*, Onion Powder\*, Chilli Powder\*, Cumin\*, Black Pepper\*, Fenugreek\*, Sea Salt, Garlic Powder\*, Ginger\*, Fennel\*). \*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	360kJ 86kcal
Fat	4.2g
of which saturates	2.5g
Carbohydrate	8.9g
of which sugars	0.8g
Fibre	2.3g
Protein	2.0g
Salt	0.28g