

LEON

MEAL FOR ONE

BRAZILIAN STYLE BLACK BEANS

WITH ONIONS, SMOKED PAPRIKA
& CHIPOTLE CHILLI



SERVING SUGGESTION

NO
ARTIFICIAL
INGREDIENTS

SOURCE
OF
FIBRE

READY IN 90 SECONDS

SOURCE
OF
PROTEIN

VEGAN

COOKED BLACK BEANS WITH CARROT, ONION, TOMATO & CELERY WITH CHIPOTLE SEASONING PASTE & SMOKED PAPRIKA

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 Black Beans (65%)
(Water, Black Beans), Carrot (8%), Onion (6%),
Tomato Paste (6%), **CELERY** (3%), Seasoning Paste
(3%) [Rapeseed Oil, Red Bell Pepper Juice
Concentrate, Yeast Extract (Yeast Extract, Salt),
Water, Tomato Paste, Ground Smoked Paprika,
Ground Chipotle Chilli, Salt, Ground Cumin,
Onion Powder, Onion Extract (Salt, Sunflower Oil,
Onion Oil), Jalapeño Powder, White Wine Vinegar,
Garlic Extract (Sea Salt, Sunflower Oil, Garlic Oil)],
Date Powder, **SOY** Sauce (Water, **SOYA** Beans,
Salt, Alcohol), Onion Powder, Sunflower Oil, Yeast
Extract Powder, Garlic Purée, Red Wine Vinegar,
Cornflour, Garlic Powder, Oregano, Ground
Smoked Paprika, Ground Paprika, Cocoa Powder,
Salt, Ground Bay Leaf.

For allergens, see ingredients in **BOLD CAPITALS**.

TYPICAL VALUES AS SOLD PER 100G:

Energy 344kJ/82kcal, Fat 1.2g, of which saturates
0.2g, Carbohydrates 10.8g, of which sugars 3.9g,
Fibre 5.4g, Protein 4.3g, Salt 0.60g.

TYPICAL VALUES AS SOLD PER 250G SERVING:

Energy 861kJ/205kcal, Fat 2.9g, of which saturates
0.4g, Carbohydrates 27.1g, of which sugars 9.7g,
Fibre 13.6g, Protein 10.8g, Salt 1.50g.

SERVING SUGGESTION

Serve with coconut yogurt, spring onions, red
chilli & a sprinkle of parsley for a deliciously
balanced meal that packs a flavour punch.

SOURCE
OF
FIBRE

SOURCE
OF
PROTEIN

1
SERVING

VEGAN

Packed in the UK for
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LEON Grocery Ltd.,
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WE'D LOVE TO
HEAR FROM YOU:
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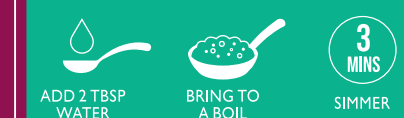
HEATING INSTRUCTIONS:

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.

Best Before End:



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