

Product Name	Website Description	Ingredients	Instructions (how to make)	Ready to Eat? (Y/N)	Is the product Organic? (Y/N)	GMO Free (Y/N)	Is the product suitable for a GLUTEN FREE diet? (Y/N)	Is the product suitable for coeliacs? (Y/N)	Is the product suitable for a VEGETARIAN DIET? (Y/N)	Is the product suitable for A VEGAN Diet? (Y/N)	HFSS Score is applicable	Are the cans used BPA Free? (Y/N/N/A)	Has the product been made in a nut free environment (Y/N)	Dairy free? (Y/N)	Soya free? (Y/N)	Egg free? (Y/N)	
Free & Easy Lentil & Veg Balti Pie Filling	This Organic Lentil & Vegetable Balti Pie Filling is a hearty, plant-based blend of tender lentils and vegetables simmered in a rich, warming Balti curry sauce with a gentle spicy kick. Perfect as a vegan pie filling, it's also delicious served with rice, naan, or as a quick meat-free curry. Made with organic ingredients and full of bold Indian-inspired flavour, it's an easy, nutritious option for midweek meals.	Water, Yellow Split Peas (13%)*, Green Lentils (9%) *, Chickpeas (8%)*, Tomato Puree (7%)*, Red Peppers (4%)*, Carrot (3%)*,Onion (2%)*, Creamed Coconut*, Curry Powder*(turmeric*, coriander*, sea salt, chilli*, onion powder*, fenugreek*, garlic powder*, ginger*, fennel*, black pepper*), Garlic Powder*, Onion Powder, Sea Salt, Vegetable Bouillon* (sea salt, maltodextrin, rice flour*, vegetables* (7%) (onions*, carrots*, parsnip*), yeast extract (Gluten Free), sunflower oil*, parsley*, turmeric*), Ground Coriander*, Coriander Leaf*, Ground Cumin*, Ground Ginger*, Ground Turmeric*, Chilli Powder*, Black Pepper*.	COOKING INSTRUCTIONS: OVEN: Place filling in a pie dish. Add your chosen topping (e.g. potato, sweet potato. Or vegan pastry) and bake in a preheated oven at 180°C for 30-35 minutes. MICROWAVE (800/900W). Place contents in a microwave-safe container. Heat on full power for 2 minutes, stir, then heat for 1 more minute. Stir before serving.	Y	Y	Y	Y	Y	Y	Y	-1	Y	Y	Y	Y	Y	
	Shelf Life after opening (Months)	Storage Instructions		Lactose free? (Y/N)	Nut free? (Y/N)	Sesame seed free? (Y/N)	Mustard free? (Y/N)	Celery free? (Y/N)	Wheat free? (Y/N)	Maize free? (Y/N)	Corn free? (Y/N)	Yeast free? (Y/N)	Fish free? (Y/N)	Crustacean free? (Y/N)	Mollusc free? (Y/N)	Pork free? (Y/N)	
	3 days in a suitable container - refrigerated	Store in a cool, dry place		Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	
		Unit Barcode	Case Barcode														
		5015285000244	05015285000244	Gelatin Free? (Y/N)	Citric Acid free? (Y/N)	Palm oil free? (Y/N)	Lupin free? (Y/N)	Has salt been added to the product? (Y/N)	Has sugar been added to the product? (Y/N)	Energy (kJ) * per 100g	Energy (kcal)* per 100g	Fat (g)* per 100g	of which saturates* per 100g	Carbohydrate (g)* per 100g	of which sugars (g)* per 100g	Fibre (g)* per 100g	
			Y	Y	Y	Y	Y	N	343	81	1.6	0.8	11	2.2	2.3		

Is the packaging BPA free?	Is the product packaging recyclable? (Y/N)	Protein (g)* per 100g	Salt (g)* per 100g	Low fat?* (under 3g per 100g) (Y/N)	Fat free?* (under 0.5g per 100g) (Y/N)	Free from hydrogenated fats? (Y/N)	Sugar free?* (under 0.5g per 100g) (Y/N)	High Fibre?* (at least 6g per 100g) (Y/N)	Low salt?* (under 0.12g per 100g) (Y/N)	Country of Origin	Net Unit Weight (g)	Gross Unit Weight (g)	Unit Height (cm)	Unit Width (cm)
V	V	4.6	0.58	Y	N	Y	N	N	N	UK	400	474	11	7.3