

Lentil & Chickpea Tagine

We've cooked lentils and chickpeas with tomatoes, ras el hanout, sweet apricots, and warming spices to create this fragrant tagine. Enjoy on its own or with couscous for a delicious, nutritious meal in minutes

your 5

a day







Heating instructions:

Best enjoyed hot.



mins at 700W. mins at 700W.

Hob: Empty contents into a pan and

heat through on a low heat. Cooked lentils and chickpeas with tomatoes,

ras el hanout and dried apricots. Ingredients: Cooked Brown Lentils (51%) (Water, Brown Lentils), Cooked Chickpeas (21%) (Water, Chickpeas), Chopped Tomatoes (9%) (Tomato, Tomato Juice), Ras el Hanout Seasoning (5%) (Sugar, Maize Starch, Dried Glucose Syrup, Ground Coriander, Ground Paprika, Yeast Extract, Dried Minced Red Pepper, Ground Cumin, Garlic Powder, Black Onion Seeds, Salt, Ground Cinnamon, Ground Ginger, Ground Black Pepper, Ground Fenugreek, Ground Fennel, Ground Nutmeg, Acidity Regulator [Citric Acid], Ground Turmeric, Crushed Chillies, Colour [Paprika Extract], Ground Clove, Ground Star Anise, Flavouring), Dried Apricot (3.9%) (Apricots, Rice Flour, Preservative [Sulphur Dioxide]), Onions, Red Pepper, Vegetable Oil (Sunflower Oil and/ or Rapeseed Oil), Cornflour, Colour (Paprika Extract),

Allergens: For allergens see ingredients in **bold**.

Storage: Store in a cool, dry place. Once opened, refrigerate and eat within 3 days.

Merchant Gourmet UK, Unit 10-12 Queen Elizabeth Street, London, SE1 2JE Merchant Gourmet EU, 4 Wildflower Way, Boucher Road, Belfast, BT12 6TA, Northern Ireland





Nutrition per 100g (as sold) Energy kJ/kcal 398/95 1.7g 0.3g 12g 2.3g 4.9g 5.2g 0.59g of which saturates Carbohydrate of which sugars Protein MIM005

BEST BEFORE END







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Chilli File name:

19-03-24 Date: V1

Version: Aisha Artworker:

Colours:



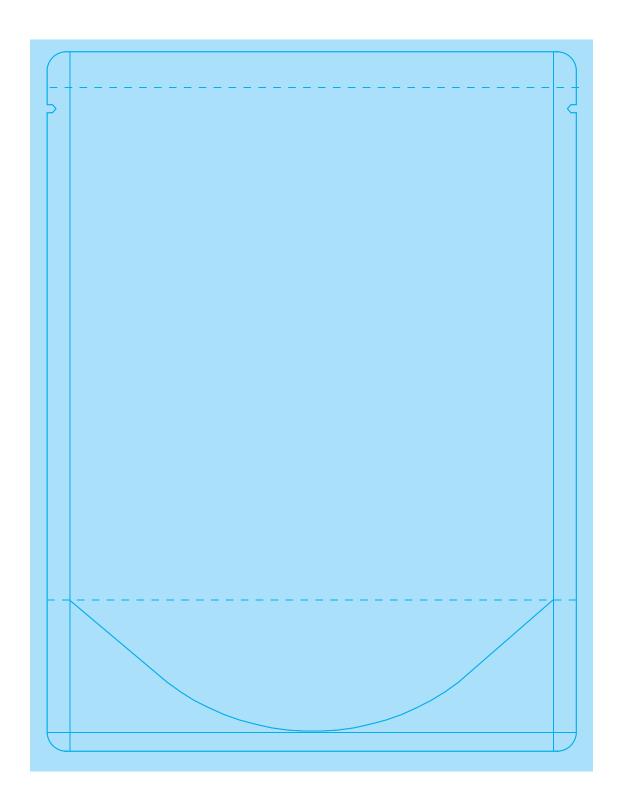


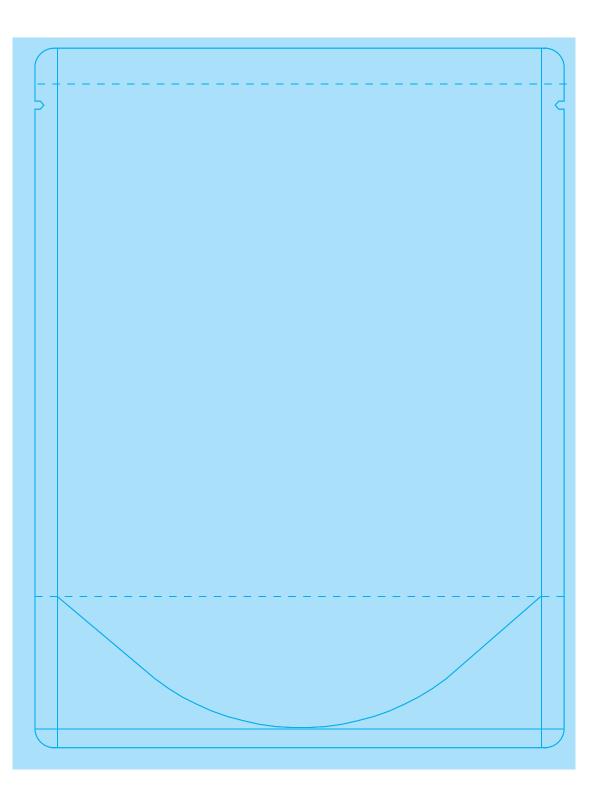






Plastic Substrate: Matte Finish: N/A Additional info:





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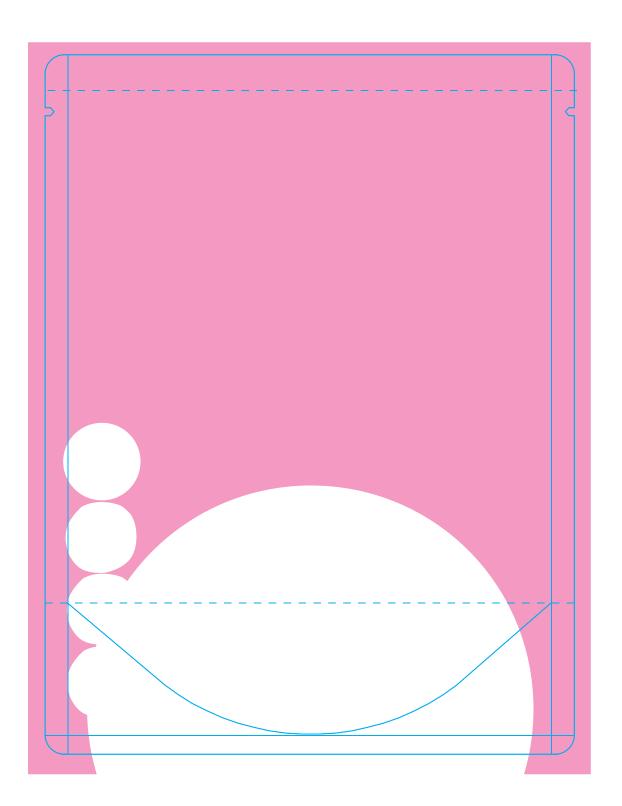


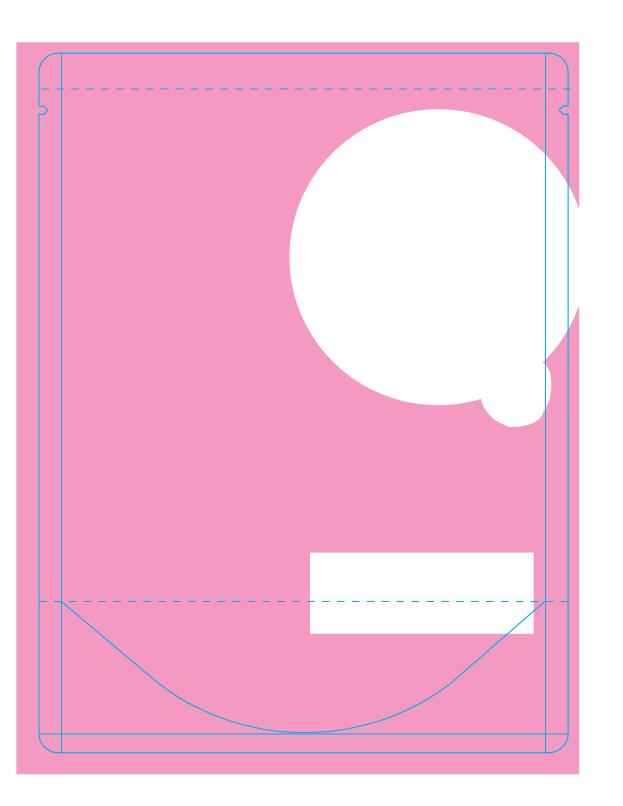




White

Plastic Substrate: Matte Finish: N/A Additional info:





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