

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



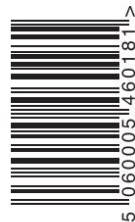
**To Heat on the Hob**

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.



LOW  
FAT



# ORGANIC Chickpea & Apricot Tagine

Vibrant and saucy with delicious  
fruity tones and a hint of chilli



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	LOW	LOW	MED
128 kcal	Sugar	Fat	Sat Fat	Salt
6%	4.6g	2.8g	1.4g	1.52g
	5%	4%	7%	25%

For Best Before End:  
See end of can.

## INGREDIENTS

Water, Chickpeas\* (15%), Vegetables in variable quantities\* (10%) (Potato\*, Carrot\*, Mushrooms\*), Chopped Tomatoes\*, Coconut Milk\*, Rice Flour\*, Chopped Apricots\* (2%), Sugar\*, Onion\*, Vegetable Bouillon\* (Rice Flour\*, Sea Salt, Yeast Extract, Dried Vegetables & Concentrated Vegetable Juices\* (Onion\*, Carrot\*, Parsnip\*, Mushroom\*, Pumpkin\*), Sunflower Oil\*, Turmeric\*, Parsley\*, Lovage\*, Garlic\*, Fennel Seeds\*), Sea Salt, Black Pepper\*, Ground Ginger\*, Paprika\*, Chilli Powder\*, \*Organically Produced.

**Apricots** - Although every effort is made to remove stones, some pieces may remain.

## 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	269kJ 64kcal
Fat	1.4g
of which saturates	0.7g
Carbohydrate	10.0g
of which sugars	2.3g
Fibre	1.3g
Protein	2.3g
Salt	0.76g