



QUICK  
COOK

# ORGANIC RED LENTIL SPICED DHAL

*Experience the flavours of India  
with this aromatic Dhal mix,  
infused with a rich blend of spices.  
Ready in minutes!*



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# ORGANIC RED LENTIL SPICED DHAL

*Ready in just 15 minutes, our organic spiced red lentil dhal serves up an aromatic blend of spices and protein-packed lentils for a quick, nutritious meal or side.*

## GB: ORGANIC RED LENTILS WITH SPICES

Ingredients: Hulled Red Lentils\* (90%), Onion\*, Curry Spices Blend\* (2.5%) (Turmeric\*, Coriander\*, Caraway Seeds\*, Cloves\*, Sweet Paprika\*, Ginger\*, Cinnamon\*, Mace\*, Nutmeg\*), Coriander\* (2%), Salt, Garlic\* (0.5%).

\* = Certified Organic Ingredients.

Not suitable for **soya, sesame** or **celery** allergy sufferers due to manufacturing methods.

**Best before:** See side of pack.

**Storage:** Store cool and dry.

## Average Nutritional Values per 100g

Energy	1436kJ/349kcal
Fat	2.0g
of which saturates	0.4g
Carbohydrate	62g
of which sugars	3.5g
Fibre	12g
Protein	22g
Salt	1.5g

## Cooking instructions per packet (3 servings):

Add the contents of the bag and 650 - 700 ml of water into a saucepan and bring to a boil over a high heat. Reduce the heat and simmer for 12-15 minutes, stirring occasionally. Also delicious cooked with coconut milk!



IT-BIO-006  
EU/non-EU Agriculture



Made in Italy



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