Lentils & Red Kidney Beans jacket potatoes or use in your favourite burrito recipe.

We have an appetite for change; to help save the planet one delicious plant-based meal at a time. Join us on our mission by enjoying these green lentils, cooked together with red kidney beans in a rich tomato sauce, with punchy jalapeño, rosemary and smoked paprika. Perfect as a topping for nachos or

SPICY CAJUN-STYLE

good to know

Source of protein

High in fibre

$Nutrition\ information:$

Nutritionals per 100g (as sold) Energy kJ/kcal 490/117 3.4gof which saturates 0.6gCarbohydrate 12g of which sugars 3.7gFibre 7.7g

Ingredients: Cooked Green Lentils (41%) (Water, Green Lentils), Tomato Purée (Tomato, Acidity Regulator: Citric Acid), Rehydrated Red Kidney Beans (8%), Onion, Cooked Durum Wheat (Water, Durum Wheat), Olive Oil, Sherry Vinegar (Sulphites), Garlic, Sugar, Salt, Spices, Jalapeño Seasoning (0.6%) (Rice Flour, Jalapeño Chilli Pepper, Natural Flavourings, Sunflower Oil), Rosemary (0.3%), Smoked Paprika (0.3%), Natural Flavouring.

For allergens see ingredients highlighted in **bold.** May also contain Soya and Mustard.

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

Simple to prepare
Squeeze the pouch to loosen the lentils.
For best results, heat through in a pan with a dash of water. Otherwise, tear a 2cm opening at the top and microwave for 45s at 900w, or simply enjoy them cold.

a recipe for change

For quick and simple plant-based nachos, warm tortilla chips in an oven for a few minutes. Heat the Cajun-style Lentils and pour over the chips. Top with crispy onions, fresh tomato salsa, fresh coriander and guacamole. Serve and enjoy!



Find more recipes at merchant-gourmet.com Best before end:

Say hello!



Protein

Merchant Gourmet, 2 Rollins Street, London, SE15 1EW



Serves 2 $(125g\ per\ serving)$



5.7g

0.53g

Appetite for change recycle scheme Find out how to recycle

this pouch on our website.



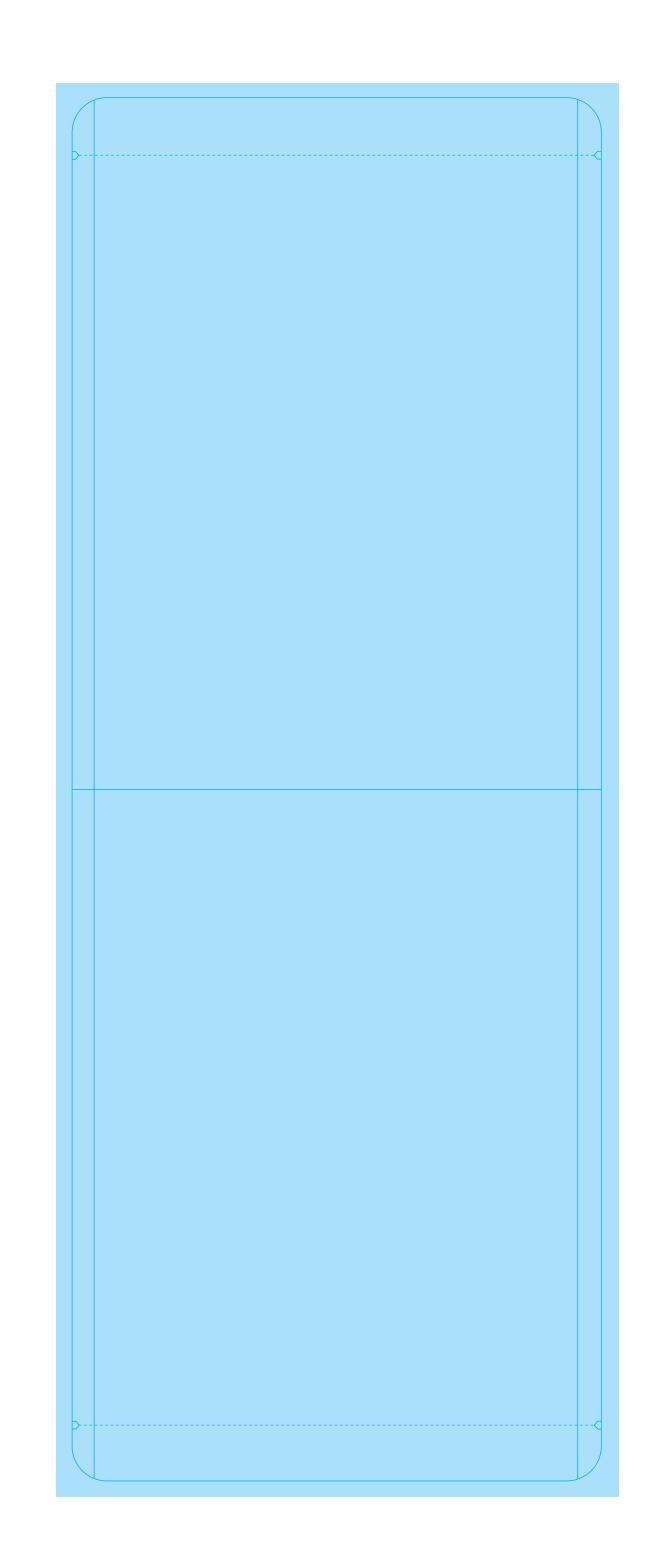






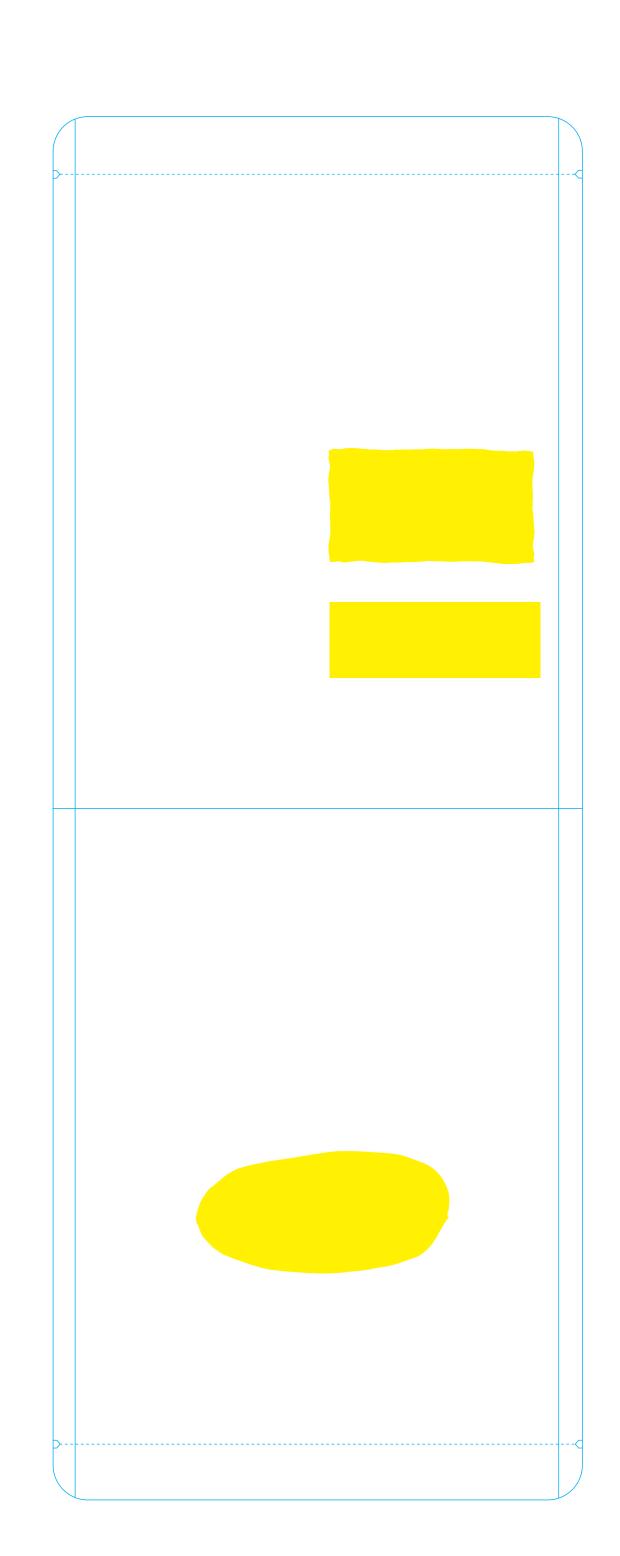
T. 07843 429922 e. lee@redfox.uk.com www.redfox.uk.com

Plant-based Simplicity





Substrate: Plastic Finish: Matt





Account Manager: Michaela
Print Process: Gravure
Substrate: Plastic
Finish: Matt