

Brand	Sub Category	HFB Product Code	Product Description	Long Description	Ingredients	Shelf Life after opening (days)	Storage Instructions	Ready to Eat? (Y/N)	Is the product Fairtrade? (Y/N)
RIFCo	Ready Meal	RIF5003	Organic Thai Temple Curry 400g	Deep in the jungles of northern Thailand, monks clothed in saffron robes use the freshest local ingredients to create filling, aromatic curries including the inspiration for our Organic Thai Temple Curry. A fusion of chickpeas, potatoes, tomatoes, spices and coconut milk, our spicy curry is delicious served on a bed of basmati rice.	Chickpeas (28%), Potato (19%), Tomatoes (15%), Water, Garden Peas (9%), Creamed Coconut, Spices (turmeric, coriander, chilli powder, sea salt, onion powder, cumin, fenugreek, ginger, fennel, black pepper), Sunflower Oil, Pear Sweetener, Tamari <b>SOY</b> Sauce, Garlic, Coriander, Thai Basil, Black Pepper.	3 days in a suitable container - refrigerated	Store in a cool, dry place.	Y	N

[illegible]

Yeast free? (Y/N)	Fish free? (Y/N)	Crustacean free? (Y/N)	Mollusc free? (Y/N)	Pork free? (Y/N)	Gelatin Free? (Y/N)	Citric Acid free? (Y/N)	Palm oil free? (Y/N)	Caffeine 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)	Alcohol free? (Y/N)	Energy (kJ) * per 100g	Energy (kcal)* per 100g	Fat (g)* per 100g	of which saturates* per 100g	Carbohydr ate (g)* per 100g	of which sugars (g)* per 100g	Fibre (g)* per 100g	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)
Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	N	N	Y	482	116	8.4	5.5	6.8	1.6	2.6	2.1	0.1	N	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	nutritional as words
Y	N	N	Y	UK	per 100g. KJ 482. Kcal 116. Fat 8.4   saturates 5.5 Carbs 6.8   Sugrs 1.6 Fibre 2.6   Protein 2.1 Salt 0.1