

LEON

MEAL FOR ONE

GOLDEN LENTIL DHAL

WITH COCONUT,
GREEN BEANS & TOMATO



SERVING SUGGESTION

NO
ARTIFICIAL
INGREDIENTS

SOURCE
OF
FIBRE

READY IN 90 SECONDS

SOURCE
OF
PROTEIN

VEGAN

COOKED CHICKPEAS, LENTILS & MUNG BEANS IN A MILD CURRY SAUCE WITH COCONUT CREAM, GREEN BEANS & TOMATO

Why can't fast food be good for you? Our mission is to prove it can. That's why we've created microwave meals, inspired by our restaurant menu—naturally fast & good for you.

INGREDIENTS: Cooked Split Chickpeas (34%) [Water, Split Chickpeas], Cooked Red Split Lentils (21%) [Water, Red Split Lentils], Cooked Split Mung Beans (15%) [Water, Split Mung Beans], Coconut Cream (8%), Onions, Green Beans (6%), Tomato (4%), Vegetable Oil (Rapeseed and/or Sunflower), Garlic Puree, Salt, Turmeric Extract, **MUSTARD** Seeds, Lemon Juice, Coriander, Cornflour, Turmeric Powder, Cumin Seeds, Ground Coriander, Garam Masala Powder [Coriander, Cumin, Black Pepper, Cassia Cinnamon, Dill, Ginger, Cloves], Crushed Curry Leaf, Chilli Flakes, Thyme, Seasoning Powder [Ground Spices [Coriander, Fenugreek, Turmeric, Caraway, Cayenne Chilli, Cumin, Paprika, Black Pepper], Potato Starch, Salt, Rapeseed Oil, Garlic Powder], Black Pepper Powder.

For allergens, see ingredients in **BOLD CAPITALS**.

TYPICAL VALUES AS SOLD PER 100G:

Energy 336kJ/80kcal, Fat 3.1g, of which saturates 1.6g, Carbohydrates 8.5g, of which sugars 1.0g, Fibre 2.6g, Protein 3.2g, Salt 0.57g.

TYPICAL VALUES AS SOLD PER 250G SERVING:

Energy 839kJ/201kcal, Fat 7.8g, of which saturates 4.0g, Carbohydrates 21.2g, of which sugars 2.4g, Fibre 6.5g, Protein 8.1g, Salt 1.42g.

SERVING SUGGESTION

Serve with tomato & cucumber relish & a liberal sprinkling of coriander & parsley for a deliciously fragrant midweek meal.

SOURCE
OF
FIBRE

SOURCE
OF
PROTEIN

1
SERVING

VEGAN

Packed in the UK for
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WE'D LOVE TO
HEAR FROM YOU:
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250g e

HEATING INSTRUCTIONS:

FOR BEST RESULTS MICROWAVE.

MICROWAVE ON FULL POWER:



HOB ON A MEDIUM HEAT:



WARNING: Take care when opening the pouch as hot steam may escape.

Leave to stand for 1 minute. Check product is piping hot before serving, but it can also be eaten cold.

All cooking appliances vary, this is a guide only.

Store in a cool dry place. Once opened, enjoy immediately. Do not reheat.
Packaged in a protective atmosphere.

Best Before End:

