

HEATING INSTRUCTIONS - To be used as a guide only.



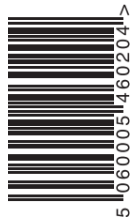
To Heat on the Hob

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

U: 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.



GB-ORG-05
EU/non EU Agriculture
UK/Non UK Agriculture

400g e

Typical values per 1/2 bowl Serving (200g), % GDA

Energy	LOW	MED	LOW	MED
	Sugar	Fat	Sat Fat	Salt
208 kcal	4.8g	6.4g	0.8g	1g
10%	5%	9%	4%	17%

For Best Before End:
See end of can.

INGREDIENTS

Water, Chickpeas* (30%), Red Lentils* (9%), Tomato Puree*, Sunflower Oil*, Rice Flour*, Rehydrated Onions*, Cane Sugar*, Sea Salt, Turmeric*, Ground Cumin*, Ground Fenugreek*, Ground Coriander*, Caraway Seeds*, Chilli Powder*, Coriander Leaf*, **Mustard Seeds***. *Organically Produced.

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	434kJ 104kcal
Fat	3.2g
of which saturates	0.4g
Carbohydrate	16.4g
of which sugars	2.4g
Fibre	5.8g
Protein	5.4g
Salt	0.5g