

Ingredients: Mexican Style Sauce (20%) (Tomato, Water, Onion, Garlic, Roasted Red Pepper, Coriander, Rapeseed Oil, Cumin, Cornflour, Sea Salt, Chipotle Mash (Water, Red Jalapeno Chilli, Chipotle Chilli, Salt, Acetic Acid), Paprika, Lime Juice Concentrate, Hickory Smoke Extract, Turmeric (0.2%), Oregano, Red Chilli Flakes, Sugar, Black Pepper), Black beans (17%), Brown Rice (14%), Red Kidney Beans (11%), Tomato (8%), Edamame Beans (**SOY**) (6%), Kale (6%), Sweetcorn (6%), Aubergine (4%), Courgette (4%), Onion (2%), Green Pepper, Red Pepper. (Allergens in **BOLD**)

NUTRITIONALS

*Reference intake of an average adult (8400kJ/2000kcal). ^1 portion = 350g.

Typical Values	Per 100g	RI%*	Per 350g^	RI%*
Energy (kJ/kcal)	377/90	4%	1320/315	14%
Fat (g)	1.7	2%	6.0	7%
of which saturates (g)	0.2	1%	0.7	4%
Carbohydrates (g)	12	5%	43	18%
of which sugars (g)	1.7	2%	6.0	7%
Fibre (g)	3.9		14.0	
Protein (g)	4.5	9%	16	32%
Salt (g)	0.45	7%	1.58	25%
Vitamin C (mg)	10	13%	35	46%
Folate (µg)	64	32%	224	112%
Potassium (mg)	250	12%	875	42%
Manganese (mg)	0.5	27%	1.75	95%
Copper (mg)	0.13	13%	0.46	46%
Phosphorus (mg)	92	13%	322	46%



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Keep Frozen -18°C.
Once defrosted
do not refreeze.

350g^e

Best Before End

