| Product Name | Website Description | Ingredients | Instructions (how to make) | Ready to Eat? (Y/N) | Is the product Organic? (Y/N) | GMO Free (Y/N) | Is the product suitable for a GLUTEN FREE diet? (Y/N) | Is the product suitable for coeliacs? (Y/N) | Is the product suitable for a VEGETARIAN DIET? (Y/N) | Is the product suitable for A VEGAN Diet? (Y/N) | HFSS Score is applicable | Are the cans used BPA Free? (Y/N/N/A) | Has the product been made in a nut free environment (Y/N) | Dairy free? (Y/N) | Soya free? (Y/N) | Egg free? (Y/N) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Free & Easy Mediterranean Harissa Casserole | This Organic Mediterranean Harissa Casserole features vegetables and beans gently cooked in a lightly spiced Harissa-style tomato gravy. Warming yet balanced, it's a hearty plant-based casserole that's easy to enjoy with mashed potatoes, spooned over toast, or scooped up with flatbread. A flavourful, vegan-friendly ready meal inspired by Mediterranean cooking. | Water, Chickpeas (19%)*, Yellow Split Peas (11%)*, Chopped Tomatoes (7%)*, Tomato Puree (7%)*, Onion (2%)*, Carrot (5%)*, Red Pepper (2%)*, Lemon Juice*, Smoked Paprika*, Ground Cumin*, Sea Salt, Ground Coriander*, Garlic Powder*, Onion Powder*, Ground Caraway*,Coriander Leaf*, Black Pepper*, Ground Cinnamon*, Parsley*, Cayenne Pepper*, Chilli Flakes*. | COOKING INSTRUCTIONS: Shake well before use. Hob: Empty contents into a saucepan and heat gently for 3 minutes whilst stirring. Do not boil or overheat, as this will impair the flavour. Ready to serve.Microwave (800W/900W): Place the contents in a microwaveable dish, cover and microwave on full power for 2 minutes and stir, heat for another 1 minute on full power. Stir well before serving. Cooking times may vary. Ready to serve. | Y | Y | Y | Y | Y | Y | Y | -4 | Y | Y | Y | Y | Y |

| Shelf Life after opening (Months) | Storage Instructions |
|---|---|
| 3 days in a suitable container - refrigerated | Store in a cool, dry place. |

| Lactose free? (Y/N) | Nut free? (Y/N) | Sesame seed free? (Y/N) | Mustard free? (Y/N) | Celery free? (Y/N) | Wheat free? (Y/N) | Maize free? (Y/N) | Corn free? (Y/N) | Yeast free? (Y/N) | Fish free? (Y/N) | Crustacean free? (Y/N) | Mollusc free? (Y/N) | Pork free? (Y/N) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |

| Unit Barcode | Case Barcode |
|---|---|
| 5015285000237 | 05015285000237 |

| Gelatin Free? (Y/N) | Citric Acid free? (Y/N) | Palm oil 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) | Energy (kJ) * per 100g | Energy (kcal)* per 100g | Fat (g)* per 100g | of which saturates* per 100g | Carbohydrate (g)* per 100g | of which sugars (g)* per 100g | Fibre (g)* per 100g |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Y | Y | Y | Y | Y | N | 330 | 78 | 1.1 | 1 | 11 | 2.9 | 3.1 |

| Is the packaging BPA free? | Is the product packaging recyclable? (Y/N) |
|---|---|
| Y | Y |

| 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) | 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 | Net Unit Weight (g) | Gross Unit Weight (g) | Unit Height (cm) | Unit Width (cm) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 4.5 | 0.33 | Y | N | Y | N | N | N | UK | 400 | 475 | 11 | 7.3 |