

#### HEATING INSTRUCTIONS - To be used as a guide only.



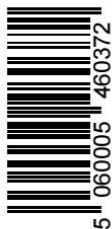
##### To Heat on the Hob

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 UK for: Venture Foods UK Ltd, Unit S23, Haslingwood Ind. Park, Wood Lane, Birmingham, B24 9QR, UK.  
[www.georganics.co.uk](http://www.georganics.co.uk)

EU: 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.



MILDLY  
SPICED

## ORGANIC Tasty Tadka Dahl

Authentic Indian dahl of  
yellow split peas,  
tomatoes, ginger and chilli



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

400g<sup>e</sup>

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

Energy	LOW	MED	LOW	LOW
154 kcal	Sugar	Fat	Sat Fat	Salt
8%	0.8g	6.8g	0.6g	0.5g
	<1%	10%	3%	8%

#### INGREDIENTS

Water, Yellow Split Peas\* (16%), Chopped Tomato\* (11%), Red Peppers\*, Rice Flour\*, Rehydrated Onion\*, Sunflower Oil\*, Ginger Puree\*, Salt, Sugar\*, Garlic Powder\*, Turmeric\*, Coriander Leaf\*, Chilli Powder\*, \*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	322kJ
	77kcal
Fat	3.4g
of which saturates	0.3g
Carbohydrate	8.7g
of which sugars	0.4g
Fibre	2.2g
Protein	1.8g
Salt	0.25g



MILD

For Best Before End:  
See end of can.