



203710C Sweet Potato, Chick Pea & Spinach Curry (A



Pack Size: 12 X 350G

Details: Chunky sweet potatoes fried and tossed in a rich, smooth coconut flavoured sauce with chick peas and spinach.

Allergen Information

Contains:

Mustard

Free from:

Cereal, Celery, Soya, Crustaceans, Eggs, Fish, Gluten, Milk, Molluscs, Lupin, Nuts, Peanuts, Sesame, Sulphur Dioxide

Suitable for:

Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

Cook from frozen.

HOB: Place pouch into a pan of boiling water, return to boil and simmer for 20 minutes, carefully remove pouch from pan, pour contents on to a serving plate. Ensure product is piping hot throughout before serving.

Storage Instructions:

Keep frozen at "18°C or below

Product Ingredients

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Water, Sweet Potato (22%), Cooked Chickpeas (17%), Onion, Coconut (4.5%), Red Pepper (4%), Spinach (4%), Rapeseed Oil, Desiccated Coconut, Garlic PurÃ©e, Modified Maize Starch, Spices (contains **MUSTARD**), Tomato Paste, Salt, Sugar, Tamarind Paste, Curry Leaf, Crushed Dried Red Chillies, Green Chilli PurÃ©e.

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

105 kcal / 438 kJ

Fat:

5.63 g

of which saturates:

2.77 g

Carbohydrates:

9.1 g

of which sugars:

2.47 g

Fibre:

2.53 g

Protein:

3.23 g

Salt:

0.43 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.