



205981C Red Pepper, Bean & Aubergine Chilli (Param



Pack Size: 15 X 300G

Details: A rich earthy chilli made with sweet red peppers, black turtle beans, kidney beans and chunks of aubergine.

Allergen Information

Contains:

Soya

Free from:

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

Suitable for:

Halal, Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

COOKING GUIDELINES: For best results, cook from frozen.

Microwave (900W): pierce film lid. Place on a microwaveable plate and cook at 600W for 4 minutes. Carefully peel back film and stir product. Replace film lid, and cook for a further 3 minutes. Leave to stand for one minute before serving. Stir before

Storage Instructions:

STORAGE GUIDELINES:

Keep Frozen at "18°C or below. Do not refreeze if allowed to thaw.

Product Ingredients

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INGREDIENTS: chopped tomatoes (39%) [tomatoes, tomato juice], red pepper (18%), shallots, black turtle beans (6%), aubergine (6%), red kidney beans (6%), water, dark chocolate (2.5%) [cocoa mass, sugar, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring], SOY sauce [water,

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

66 kcal / 276 kJ

Fat:

2 g

of which saturates:

0.5 g

Carbohydrates:

10.9 g

of which sugars:

4.7 g

Fibre:

3.9 g

Protein:

3 g

Salt:

0.43 g



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.