



205983C Vegan Penang Curry (Paramount)



Pack Size: 15 X 300G

Details: An aromatic gluten free coconut sauce with cauliflower, green beans, mange tout and peppers.

Allergen Information

Free from:

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

Suitable for:

Halal, Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

For best results, cook from frozen.

Microwave (950W): pierce film lid. Place on microwaveable plate. Cook at 440W for 6 minutes. Carefully remove film and stir. Replace film. Cook on full power for 2 minutes. Stir before serving.

Storage Instructions:

Keep frozen at -18°C or below. Do not refreeze if allowed to thaw.

Product Ingredients

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INGREDIENTS: coconut milk (44%) [coconut, water], cauliflower (13%), green beans (13%), peppers (yellow & red peppers in varying proportions) (11.5%), mangetout (6%), red curry paste [red chilli, salt, ginger, garlic, lemongrass, paprika, coriander, shallots, lime leaves, cumin, red pepper, yeast extract], demerara sugar,

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

101 kcal / 418 kJ

Fat:

7.5 g

of which saturates:

6.5 g

Carbohydrates:

7.7 g

of which sugars:

3.4 g

Fibre:

2.2 g

Protein:

1.8 g

Salt:

0.66 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.