



206121C Keralan Cauliflower & Red Pepper Curry (Sc



Pack Size: 12 X 340G

Details: Tender cauliflower and crunchy red peppers in a rich, mildly spiced tomato-based sauce.

Allergen Information

Contains:

Mustard

Free from:

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

May contain:

Nuts

Suitable for:

Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

From Frozen, place it in boiling water for 10 - 15 minutes. Decant into serving dish ready to serve. Ensure product is thoroughly heated before serving.

Storage Instructions:

-18°C or below, Once defrosted do not re-freeze

Product Ingredients

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Cooked Cauliflower (22%), Tomato, Coconut Milk (Contains: Coconut Extract, Water), Onion, Red Pepper (7%), Water, Tomato Puree, Rapeseed Oil, Coconut Cream, Garlic Puree, Spices (Contains: Black Chickpea Powder, Salt) [**MUSTARD**], Sugar, Lemon Juice, Chilli Puree, Salt, Cornflour, **MUSTARD** Seed, Herb

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

110 kcal / 458 kJ

Fat:

8.1 g

of which saturates:

3.1 g

Carbohydrates:

6.5 g

of which sugars:

4.4 g

Fibre:

2.2 g

Protein:

2 g

Salt:

0.79 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.