

BLAKEAWAY

INDIAN SAAG WITH HALLOUMI (GF)(V) 1KG

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 4
SERVING SIZE: 250G

	Per Serving	Per 100G
Energy	455 kJ	182 kJ
Protein	8 g	3 g
Fat, Total	5 g	2 g
Saturated	3 g	1 g
Carbs	5 g	2 g
Sugars	5 g	2 g
Sodium	155 mg	62 mg

 Made in Australia
from at least 90%
Australian Ingredients



200258

INGREDIENTS: SPINACH (51%); HALLOUMI CHEESE (**MILK**, WHEY, SALT, ENZYME) (21%); GREEK YOGHURT (PASTEURISED COWS **MILK**, **MILK** SOLIDS, CULTURES) (12%); BROWN ONION; GARLIC; GINGER; GREEN CHILLI; CANOLA OIL; CORIANDER; CUMIN; TURMERIC; GARAM MASALA

CONTAINS: MILK

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES EGG, GLUTEN, MILK, LUPINS, TREE NUTS, FISH, CRUSTACEAN, SOY & SESAME.

PREPARATION: TRANSFER CONTENTS TO A SAUCEPAN AND WARM OVER A LOW / MEDIUM HEAT STIRRING OCCASIONALLY UNTIL HOT OR TRANSFER CONTENTS TO A MICROWAVE SAFE CONTAINER AND HEAT AT 2 MINUTE INTERVALS UNTIL HOT.

STORAGE: REFRIGERATE AND CONSUME WITHIN 3 DAYS OF OPENING. FREEZING NOT RECOMMENDED.

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