

BLAKEAWAY

'MINI ME' SLOW-COOKED LAMB RAGU PASTA SAUCE (GF) 500G

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 2
SERVING SIZE: 250G

	Per Serving	Per 100G
Energy	1300 kJ	520 kJ
Protein	20 g	8 g
Fat, Total	20 g	8 g
Saturated	8 g	3 g
Carbs	10 g	4 g
Sugars	8 g	3 g
Sodium	720 mg	288 mg



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INGREDIENTS: LAMB (SHOULDER) (45%); TOMATO SUGO (TOMATO, CITRIC ACID (330), TOMATO PASTE, ONION, SUNFLOWER OIL, OLIVE OIL, SUGAR, SALT) (19%); CHICKEN STOCK (CHICKEN BONES, WATER, LEEK, ONION, CELERY) (15%); CARROT; CELERY; ONION; WHITE WINE (PRESERVATIVE (220)) (**MILK**); PARSLEY; ROSEMARY; THYME; GARLIC; SALT; BLACK PEPPER

CONTAINS: MILK, SULPHITES

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. IF CONSISTENCY IS TOO THICK, JUST ADD A LITTLE WATER TO ACHIEVE DESIRED CONSISTENCY. TOSS INTO YOUR FAVOURITE PASTA.
IF FROZEN, DEFROST COMPLETELY BEFORE FOLLOWING INSTRUCTIONS ABOVE.

STORAGE: REFRIGERATE AND CONSUME WITHIN 3 DAYS OF OPENING OR FREEZE BEFORE BEST BEFORE DATE.

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