

BLAKEAWAY

KITCHARI (VG) 1KG

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 3

SERVING SIZE: 330G

	Per Serving	Per 100G
Energy	1393 kJ	422 kJ
Protein	13 g	4 g
Fat, Total	10 g	3 g
Saturated	3 g	1 g
Carbs	33 g	10 g
Sugars	10 g	3 g
Sodium	106 mg	32 mg



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INGREDIENTS: WATER (54%); SPLIT PEAS (11%); CARROT (11%); KALE (11%); BASMATI RICE (5%); SPINACH (5%); **SESAME OIL**; CUMIN SEED; MUSTARD SEEDS (BROWN); BLACK PEPPER; CURRY LEAVES; CUMIN POWDER; CORIANDER POWDER; CINNAMON POWDER; BAY LEAVES; GREEN CARDAMOM; FENUGREEK SEEDS; TURMERIC; CLOVE

CONTAINS: SESAME

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 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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