

INGREDIENT INFORMATION

PUMPKIN TIKKA MASALA

250 gm and 550 gm no side - GF, DF

Pumpkin (32%), chickpeas, coconut cream (coconut kernel extract), crushed tomatoes, capsicum green, broccoli, onion, water, carrot, capsicum red, garlic, lemon juice, ginger, olive oil, sugar, salt, garlic powder, ginger powder, mustard powder, garam masala, fenegreek, coriander powder, cumin, paprika, chilli powder

350 gm and 600 gm including side - DF, GF

Rice (42%), pumpkin, chickpeas, coconut cream (coconut kernel extract), crushed tomatoes, capsicum green, broccoli, onion, water, carrot, capsicum red, garlic, lemon juice, ginger, olive oil, sugar, salt, garlic powder, ginger powder, mustard powder, garam masala, fenegreek, coriander powder, cumin, paprika, chilli powder