

- **Mushroom & Lentil Bolognese**

Ingredients & Nutrition

Family meals serve 2 adults OR 1 adult and 2 children (500g).

Ingredients: Tomatoes (21%), lentils (17%), tomato puree (tomatoes, salt) (10%), carrots (9%), red peppers (9%), chestnut mushrooms (8%), onions (7%), courgette (7%), water (7%), extra virgin olive oil (2%), garlic (1%), nutritional yeast flakes (inactive yeast) (1%), salt, mixed herbs (thyme, marjoram, basil, parsley), parsley, black pepper.

Allergens: Produced in a kitchen that handles nuts, peanuts, gluten, mustard, celery, fish, eggs, crustaceans, sesame, milk, soya and sulphites.

Typical values per 100g

Energy KJ	279
Energy KCAL	67
Fat	2.7g
of which Saturates	0.4g
Carbohydrate	6.9g
of which Sugars	3.9g
Protein	2.5g
Salt	0.27g

- **Sweet Potato & Bean Chilli**

Ingredients & Nutrition

Family meals serve 2 adults OR 1 adult and 2 children (500g).

Ingredients: Tomatoes (26%), red peppers (12%), red kidney beans (12%), cannellini beans (12%), onions (9%), sweet potato (9%), tomato puree (tomatoes, salt) (6%), sweetcorn (5%), extra virgin olive oil (2%), garlic (1%), smoked paprika, ground cumin, dried oregano, ground coriander, salt, cinnamon, black pepper

Allergens: Produced in a kitchen that handles nuts, peanuts, gluten, mustard, celery, fish, eggs, crustaceans, sesame, milk, soya and sulphites.

Typical values per 100g

Energy KJ	348
Energy KCAL	83
Fat	2.9g
of which Saturates	0.4g
Carbohydrate	10g
of which Sugars	3.6g
Protein	2.8g
Salt	0.20g

- **Apricot & Chickpea Tagine**

Ingredients & nutrition

Family meals serve 2 adults OR 1 adult and 2 children (500g).

Ingredients: Tomatoes (39%), chickpeas (16%), onions (12%), sweet potato (10%), red peppers (8%), aubergine (7%), extra virgin olive oil (2%), tomato puree (tomatoes, salt) (2%), dried apricots (2%), garlic (1%), smoked paprika, ground cumin, ground coriander, salt, ground ginger, black pepper, water.

Allergens: Produced in a kitchen that handles nuts, peanuts, gluten, mustard, celery, fish, eggs, crustaceans, sesame, milk, soya and sulphites.

Typical values per 100g

Energy KJ	430
Energy KCAL	103
Fat	3.9g
of which Saturates	0.5g
Carbohydrate	13g
of which Sugars	6.0g
Protein	3.0g
Salt	0.24g

- **Coconut & Sweet Potato Dahl**

Ingredients & Nutrition

Family meals serve 2 adults OR 1 adult and 2 children (500g).

Ingredients: water, sweet potato (16%), onions (14%), red split lentils (14%), spinach (3%), creamed coconut (3%), garlic (1%), coconut oil (1%), ginger (1%), ground turmeric, ground cumin, ground coriander, ground ginger, ground cinnamon, ground black pepper, salt.

Allergens: Produced in a kitchen that handles nuts, peanuts, gluten, mustard, celery, fish, eggs, crustaceans, sesame, milk, soya and sulphites.

Typical values per 100g

Energy KJ	398
Energy KCAL	95
Fat	2.8g
of which Saturates	2.3g
Carbohydrate	12g
of which Sugars	2.1g
Protein	4.3g
Salt	0.21g

- **Yellow Thai Veggie Curry**

Ingredients & Nutrition

Family meals serve 2 adults OR 1 adult and 2 children (500g).

Ingredients: Cauliflower (30%), squash (22%), peas (16%), courgette (12%), creamed coconut (8%), shallots (3%), ginger (2%), garlic (2%), lime juice (1%), ground turmeric, coconut oil, lemongrass, ground coriander, ground cumin, salt, chilli powder.

Allergens: Produced in a kitchen that handles nuts, peanuts, gluten, mustard, celery, fish, eggs, crustaceans, sesame, milk, soya and sulphites.

Typical values per 100g

Energy KJ	409
Energy KCAL	98
Fat	6.1g
of which Saturates	5.3g
Carbohydrate	7.6g
of which Sugars	3.6g
Protein	2.9g
Salt	0.23g