

- **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