

## Article specification



# VEGGIE MASALA

## WITH PUMPKIN & GREEN BEANS

Vegetarian vegetable dish Indian style spiced with rice

### Ingredients:

40% cooked rice (water, basmati, jasmine rice mix, rapeseed oil), 29% vegetables in variable proportions (tomatoes, onions, 16% green beans, cauliflower, peppers, 8% pumpkin), water, rapeseed oil, tomato paste, chickpeas, spices (garlic, ginger, cumin, lemon peel, cinnamon, pepper, coriander, fennel, chillies, turmeric, cardamom, cloves, CELERY, mace, bay leaf, MUSTARD), sugar, fried onions (onions, sunflower oil, potato starch, salt), modified starch, salt, lime juice concentrate, herbs, spirit vinegar, colouring food paprika extract, SKIMMED MILK POWDER, CHICKEN EGG WHITE, WHEAT FLOUR. The product may contain traces of SOY!

### Allergens:

Contains: cereals containing gluten, eggs, milk, celery, mustard

May contain traces of: soybeans

### Storage advice:

The best-before date stated on the sales packaging can only be adhered to with uninterrupted storage and transport from +2°C to +7°C.

### Preparation advice:

#### How it works in the microwave:

Poke the foil of both bowls several times and then heat in the microwave (700 watts) for approx. 4 min.

Tip the bowl with rice onto the plate.

Arrange the sauce with the vegetables next to it. Enjoy your meal!

#### How it's done on the cooker:

Open both bowls and then put the rice and the sauce with vegetables in a pot or pan with a little oil. Heat over medium heat, stirring occasionally.

Serve on a plate.

Enjoy your meal!

Attention: The cooking time may vary depending on the appliance.

| Average nutrients               | je 100 g |            | je 450 g |            |
|---------------------------------|----------|------------|----------|------------|
| Calorific value:                | 580 kJ   | / 139 kcal | 2552 kJ  | / 612 kcal |
| Fat:                            | 6,6 g    |            | 29,0 g   |            |
| of which saturated fatty acids: | 0,6 g    |            | 2,6 g    |            |
| Carbohydrates:                  | 16,8 g   |            | 73,9 g   |            |
| of which sugar:                 | 4,2 g    |            | 18,5 g   |            |
| Fibre:                          | 2,0 g    |            | 8,8 g    |            |
| Protein:                        | 2,0 g    |            | 8,8 g    |            |
| Salt:                           | 0,68 g   |            | 2,99 g   |            |