

Tiffins

Authentic Indian Food

£7

READY TO REHEAT AT HOME

HOT AND SPICY

Potato with Peanut and Coconut Curry

GLUTEN FREE

VEGAN

VEGETARIAN

PLEASE REMOVE THIS LABEL BEFORE HEATING

Heating and storage instructions on the reverse

ALLERGEN INFORMATION For allergens, see ingredients highlighted in **BOLD**. Prepared in a premises that handles and uses allergens. Every reasonable care has been taken to prevent cross-contamination within our kitchen. We cannot give a guarantee on the products we buy in.

Ingredients: Sunflower oil, **MUSTARD SEEDS**, cumin seeds, potato, salt, red chilli powder, turmeric powder, mixed spices, ginger, garlic, green chilli, **PEANUTS**, **COCONUT**, tomatoes, tamarind, jaggery (natural cane sugar), water.

BEST BEFORE END

/19

LOT NO.

NET WEIGHT

g

Tiffins

Authentic Indian Food

£7

READY TO REHEAT AT HOME

HOT AND SPICY

Saag Paneer

Spinach with Indian Cheese

GLUTEN FREE

VEGETARIAN

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Ingredients: Sunflower oil, cumin seeds, onions, garlic, ginger, green chillies, red chilli powder, turmeric powder, mixed spices, tomatoes, salt, spinach, **PANEER-MILK**, jaggery (natural cane sugar), water.

BEST BEFORE END

/19

LOT NO.

NET WEIGHT

g

Tiffins

Authentic Indian Food

£7

READY TO REHEAT AT HOME

MEDIUM

Aubergine Curry

GLUTEN FREE

VEGAN

VEGETARIAN

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Ingredients: Sunflower oil, **MUSTARD SEEDS**, cumin seeds, fenugreek seeds, tomatoes, red chilli powder, turmeric powder, mixed spices, salt, garlic, ginger, green chilli, aubergine, jaggery (natural cane sugar), water.

BEST BEFORE END

/19

LOT NO.

NET WEIGHT

g

Tiffins

Authentic Indian Food

£7

READY TO REHEAT AT HOME

HOT AND SPICY

Cabbage with Mixed Peppers Curry

GLUTEN FREE

VEGAN

VEGETARIAN

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Heating and storage instructions on the reverse

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Ingredients: Sunflower oil, **MUSTARD SEEDS**, cumin seeds, cabbage, salt, red chilli powder, turmeric powder, mixed spices, ginger, garlic, green chilli, tomato, red, green and yellow peppers, jaggery (natural cane sugar), water.

BEST BEFORE END

/19

LOT NO.

NET WEIGHT

g

Tiffins

Authentic Indian Food

£7

READY TO REHEAT AT HOME

HOT AND SPICY

Saag Spinach Curry

GLUTEN FREE

VEGAN

VEGETARIAN

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Heating and storage instructions on the reverse

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Ingredients: Sunflower oil, cumin seeds, onions, garlic, ginger, green chilli, red chilli powder, turmeric powder, mix spices, salt, tomatoes, spinach, jaggery (natural cane sugar), water.

BEST BEFORE END

/19

LOT NO.

NET WEIGHT

g

Tiffins

Authentic Indian Food

£7

READY TO REHEAT AT HOME

MILD

Potato Curry

GLUTEN FREE

VEGAN

VEGETARIAN

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Heating and storage instructions on the reverse

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Ingredients: Sunflower, oil, **MUSTARD SEEDS**, cumin seeds, fenugreek seeds, potato, ginger, salt, fenugreek, mix spices, tomatoes, water.

BEST BEFORE END

/19

LOT NO.

NET WEIGHT

g

Tiffins

Authentic Indian Food

£7

READY TO REHEAT AT HOME

HOT, SPICY AND TANGY

Chickpeas in Tamarind Curry

GLUTEN FREE

VEGAN

VEGETARIAN

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Heating and storage instructions on the reverse

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Ingredients: Sunflower oil, cumin seeds, onions, garlic, ginger, green chilli, salt, red chilli powder, turmeric powder, mix spices, tomatoes, chickpeas, tamarind, jaggery (natural cane sugar) water.

BEST BEFORE END

/19

LOT NO.

NET WEIGHT

g

Tiffins

Authentic Indian Food

£7

READY TO REHEAT AT HOME

MILD

Butter Bean Curry

GLUTEN FREE

VEGAN

VEGETARIAN

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Ingredients: Sunflower oil, **MUSTARD SEEDS**, cumin seeds, tomatoes, salt, red chilli powder, turmeric powder, mix spices, ginger, butterbeans, water.

BEST BEFORE END

/19

LOT NO.

NET WEIGHT

g

Tiffins

Authentic Indian Food

£7

READY TO REHEAT AT HOME

MEDIUM TO MILD

Masoor Dahl

Red Lentils

GLUTEN FREE

VEGAN

VEGETARIAN

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Ingredients: Sunflower oil, **MUSTARD SEEDS**, cumin, tomatoes, red chilli powder, turmeric powder, salt, mix spices, garlic, ginger, green chilli, red lentils, jaggery (natural cane sugar), water.

BEST BEFORE END

/19

LOT NO.

NET WEIGHT

g

Tiffins

Authentic Indian Food

£7

READY TO REHEAT AT HOME

MEDIUM TO MILD

Moong Dahl

Green Lentils

GLUTEN FREE

VEGAN

VEGETARIAN

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Ingredients: Sunflower oil, **MUSTARD SEEDS**, cumin seeds, salt, tomatoes, red chilli powder, turmeric powder, mix spices, green lentils, tamarind, jaggery (natural cane sugar), water.

BEST BEFORE END

/19

LOT NO.

NET WEIGHT

g

'Put simply, this is Indian food as it is eaten in India - light, fragrant, aromatic and fresh...'

Mark Taylor, Bristol Evening Post

Storage instructions Keep frozen. Do not refreeze.

If defrosted then heat and use immediately.

Heating instructions – in the oven

For best results ensure fully defrosted first.

Preheat your oven to 180°C electric/ 160°C fan/ gas mark 5. Remove this paper label and place the sealed container on the middle shelf for approximately 20 minutes or until hot. Can be cooked direct from frozen for about 50 minutes.

Heating instructions – on the hob

Ensure fully defrosted first. Empty the contents in a saucepan, cover and heat on a medium heat for approximately 15 minutes, or until hot, stirring regularly.

All appliances vary, these cooking instructions are a guide only.

To ensure you enjoy the sensational flavours of Gujarat at home please make sure your dish is thoroughly piping hot.

Tiffins - Authentic Indian Food

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