



40689 | COOK ASIA | 60x30g

Cook Asia Celebration Indian Snack Selection

A selection of Lentil and Spinach bhajis, Soya, Chickpea and Vegetable Samosas and Butternut Squash Pakoras.

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Description

Legal Product Name	Lentil and Spinach bhajis, Soya, Chickpea and Vegetable Samosas and Butternut Squash Pakoras.
Unique Marketing Statement	A selection of Lentil and Spinach bhajis, Soya, Chickpea and Vegetable Samosas and Butternut Squash Pakoras.
Brand Name	Cook Asia
Country of Origin	India

Ingredients

Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	20
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	888.275 kJ
Energy (Kilocalories)	212.303 kcal
Fat, Total	7.45667 g
Saturated	3.32667 g
Carbohydrate	22.0033 g
Sugars	6.66333 g
Dietary Fibre, Total	5.23667 g
Protein, Total	6.44 g
Salt	1.10623 g
Sodium	442.6 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat	Contains

Rye	Does NOT Contain
Barley	Does NOT Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Contains
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain
Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain
Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes

Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	No
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Reconstitution Instructions	No
Oven From Frozen	Final Cooking Instructions: Butternut Squash Pakoras & Lentil Spinach Bhajj's: Cook from frozen - preheat oven to 200°C. Cook for 14-16 minutes. For best results, turn halfway through cooking. Ensure product is piping hot throughout. Do not reheat once cooled. All cooking appliances vary. This is guide only.
Fry From Frozen	Soy Chickpea Vegetable Samosa: Fry from frozen - Preheat the fryer to 175°C. Place samosas into the fryer basket and lower into the fryer. Cook for 5-6 minutes. Drain well. Ensure the product is piping hot throughout. Do not reheat once cooled. All cooking appliances vary. This is guide only.
Do you have any packaging environmental claims?	N/A

Packaging

Multi-Pack Component: Lentil and Spinach Bhaji

Description

Legal Product Name	Authentically Hand Made Lentils & Spinach Fritters with Taste of Indian Spices
Country of Origin	India

Ingredients

Ingredients	Onion (49%), Gram Flour, Cotton Seed Oil, Moong Dal, Spinach (9%), Red Bell Pepper (5%), WHEAT Flour, Salt, Sugar, Baking Powder (Maize Starch, Raising Agents (Sodium Bicarbonate, Aluminium Sodium Sulfate)), Turmeric Powder, Red Chili Powder, Cumin Powder, White Pepper Powder, Black Pepper Powder.
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	20
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	921.107 kJ
Energy (Kilocalories)	220.15 kcal
Fat, Total	7.71 g
Saturated	3.3 g
Carbohydrate	23.47 g
Sugars	4.67 g
Dietary Fibre, Total	4.7 g
Protein, Total	7.17 g
Salt	1.442 g
Sodium	576.94 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat	Contains
Rye	Does NOT Contain
Barley	Does NOT Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain

Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain
Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Preparation Suggestions

Is the product ready to eat?

No

Multi-Pack Component: Soya, Chickpea and Vegetable Samosa

Description

Legal Product Name

Authentically Hand Made Soy, Chickpea & Vegetable Samosa Wrapped in Pastry

Country of Origin

India

Ingredients

Ingredients

WHEAT Flour, Butternut Squash (20%), SOYABEAN (7%), Split Chickpeas (5%), Water, Sweet Corn, Potato, Red Bell Pepper, Desiccated Coconut, Onion, Coconut Paste (Desiccated Coconut, Water, Sugar), Coriander Leaves, Sugar, Cotton Seed Oil, Lemon Juice, Salt, Garlic, SOYBEAN Oil, Curry Powder (Coriander Powder, Turmeric Powder, Bengal Gram Flour, Cumin Powder, Chili Powder, Fenugreek Powder, Black Pepper Powder, Garlic Powder, Salt, Fennel Powder), Ginger, Fennel Seed Powder, Coriander Seed Powder, Cumin Seeds, Cumin Powder, Cinnamon Powder, Turmeric Powder, Red Chilli powder, Chilli Flakes, Black Pepper Powder, Clove Powder.

Contains GM Ingredients

No

Nutrition

Servings per Consumer Unit (Inner)

20

Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	833.327 kJ
Energy (Kilocalories)	199.17 kcal
Fat, Total	5.39 g
Saturated	2.88 g
Carbohydrate	23.82 g
Sugars	10.18 g
Dietary Fibre, Total	5.25 g
Protein, Total	5.97 g
Salt	0.7707 g

Sodium	308.28 mg
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Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat	Contains
Rye	Does NOT Contain
Barley	Does NOT Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Contains
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain
Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain
Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Preparation Suggestions

Is the product ready to eat?	No
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Multi-Pack Component: Butternut Squash Pakora

Description

Legal Product Name	Authentically Hand Made Fried Vegetable Pakoras with Hint of Indian Spices
Country of Origin	India

Ingredients

Ingredients	Onion (36%), Butternut Squash (25%), Gram Flour, Potato (12%), Cotton Seed Oil, WHEAT Flour, Sugar, Salt, Cinnamon Powder, Baking Powder (Maize Starch, Raising Agents (Sodium Bicarbonate, Aluminium Sodium Sulfate)), Lemon Juice, Black pepper Powder, Red Chilli Powder, Sage.
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Contains GM Ingredients	No
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Nutrition

Servings per Consumer Unit (Inner)	20
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	910.39 kJ
Energy (Kilocalories)	217.59 kcal
Fat, Total	9.27 g
Saturated	3.8 g
Carbohydrate	18.72 g
Sugars	5.14 g
Dietary Fibre, Total	5.76 g
Protein, Total	6.18 g
Salt	1.106 g
Sodium	442.58 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat	Contains
Rye	Does NOT Contain
Barley	Does NOT Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain
Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain
Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Preparation Suggestions

Is the product ready to eat?

No