

30121 | COOK ASIA | 60x30g

Cook Asia Indian Snack Selection

A delicious combination of 20 onion bhajis, 20 vegetable and spinach pakoras and 20 vegetable samosas

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Description

Legal Product Name	Authentically Handmade, Onion Bhajis, Vegetable Pakoras ad Vegetable Samosas made with a blend of spices
Unique Marketing Statement	A delicious combination of 20 onion bhajis, 20 vegetable and spinach pakoras and 20 vegetable samosas
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)	60
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	806.476 kJ
Energy (Kilocalories)	192.753 kcal
Fat, Total	6.46 g
Saturated	2.71333 g
Carbohydrate	19.9567 g
Sugars	6.46667 g
Dietary Fibre, Total	5.82667 g
Protein, Total	4.95667 g
Salt	1.09967 g
Sodium	441.513 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
Defrosting Instructions	TBC
Oven From Frozen	Vegetable Pakoras & Onion Bhaji'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	Vegetable Samosa: Pre-heat the fryer to 175°C. Place samosas into the frying basket and lower into the fryer. Cook for 5-6 minutes. Drain well. Check food is piping hot. Do not reheat once cooled. All cooking appliances vary. This is a guide only.

Packaging

Do you have any packaging environmental claims?

No

Multi-Pack Component: Onion Bhaji

Description

Legal Product Name

Authentically handmade, pre-fried Onion Bhajis made with a blend of spices

Country of Origin

India

Ingredients

Ingredients

Onion (72%), Gram Flour, Cotton Seed Oil, WHEAT Flour, Coriander Leaves, Lemon Juice, Salt, Sugar, Red Chilli Powder, Garlic Powder, Turmeric Powder, Cumin Powder, Baking Powder (Maize Starch, Raising Agents (Sodium Bicarbonate, Aluminium Sodium Sulfate)), Ginger powder, Black Pepper Powder, Cinnamon Powder, Clove Powder, Fenugreek Powder.

Contains GM Ingredients

No

Nutrition

Servings per Consumer Unit (Inner)

60

Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	895.58 kJ
Energy (Kilocalories)	214.05 kcal
Fat, Total	8.15 g
Saturated	3.22 g
Carbohydrate	19.24 g
Sugars	6.17 g
Dietary Fibre, Total	7.25 g
Protein, Total	5.06 g
Salt	0.99 g
Sodium	399.13 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: Vegetable and Spinach Pakora

Description

Legal Product Name

Sliced Vegetable fritters with taste of Indian Spices

Country of Origin

India

Ingredients

Ingredients

Onion (49%), Gram Flour, Cotton Seed Oil, Cabbage (9%), Spinach (9%), Potato (5%), WHEAT Flour, Salt, Sugar, Baking powder (Maize Starch, Raising Agents (Sodium Bicarbonates, Aluminium Sodium Sulfate)), Lemon Juice, Red Chilli Powder, Cumin Powder, Turmeric Powder, White pepper Powder, Black Pepper Powder.

Contains GM Ingredients

No

Nutrition

Servings per Consumer Unit (Inner)

60

Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	906.54 kJ
Energy (Kilocalories)	216.67 kcal
Fat, Total	9.53 g
Saturated	4.17 g
Carbohydrate	17.43 g
Sugars	4.74 g
Dietary Fibre, Total	6.39 g

Protein, Total	5.71 g
Salt	1.34 g
Sodium	537.81 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: Vegetable Samosa

Description

Legal Product Name

Hand Made Vegetable samosas with vegetables and blend of Spices.

Country of Origin

India

Ingredients

Ingredients	WHEAT Flour, Potato (30%), Green Peas (6%), Carrot (6%), Sweet Corn (5%), Water, French Beans, Onion, Cotton Seed Oil, Sugar, Salt, Garlic, Coriander Leaves, Lemon Juice, Refined SOY bean Oil, Coriander Seed Powder, Chili Flakes, Red Chilli Powder, Ginger, Cinnamon Powder, Garam Masala (Green Cardamom, Cumin Seed, Clove, Black Cardamom, Coriander Seeds, Cinnamon Stick, Mace, Bay Leaves), Cumin Seed Powder, Fennel Seeds, Cumin Seeds, Clove Powder.
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	60
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	617.307 kJ
Energy (Kilocalories)	147.54 kcal
Fat, Total	1.7 g
Saturated	0.75 g
Carbohydrate	23.2 g
Sugars	8.49 g
Dietary Fibre, Total	3.84 g
Protein, Total	4.1 g
Salt	0.969 g
Sodium	387.6 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

Preparation Suggestions

Is the product ready to eat?	No
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