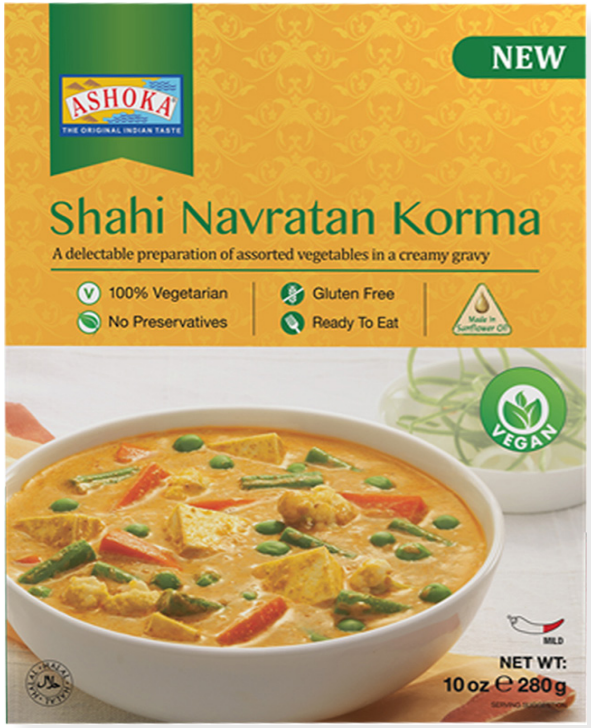
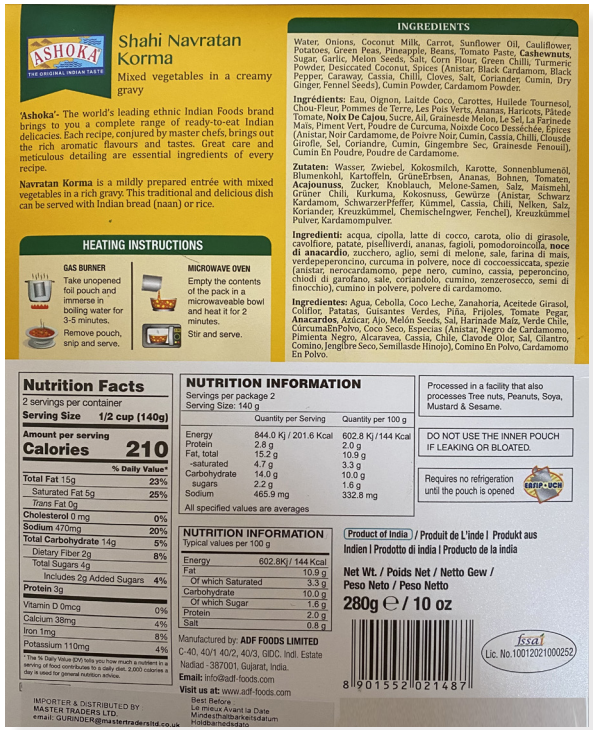
# SHAHI NAVRATAN KORMA

280g



ASHOKA
THE ORIGINAL INDIAN TASTE

Shahi Navratan Korma

Mixed vegetables in a creamy gravy

**'Ashoka'**- The world's leading ethnic Indian Foods brand brings to you a complete range of ready-to-eat Indian delicacies. Each recipe, conjured by master chefs, brings out the rich aromatic flavours and tastes. Great care and meticulous detailing are essential ingredients of every recipe.

**Navratan Korma** is a mildly prepared entrée with mixed vegetables in a rich gravy. This traditional and delicious dish can be served with Indian bread (naan) or rice.

**HEATING INSTRUCTIONS**

**GAS BURNER**
Take unopened foil pouch and immerse in boiling water for 3-5 minutes.
Remove pouch, snip and serve.

**MICROWAVE OVEN**
Empty the contents of the pack in a microwaveable bowl and heat it for 2 minutes.
Stir and serve.

**INGREDIENTS**

Water, Onions, Coconut Milk, Carrot, Sunflower Oil, Cauliflower, Potatoes, Green Peas, Pineapple, Beans, Tomato Paste, **Cashewnuts**, Sugar, Garlic, Melon Seeds, Salt, Corn Flour, Green Chilli, Turmeric Powder, Desiccated Coconut, Spices (Anistar, Black Cardamom, Black Pepper, Caraway, Cassia, Chilli, Cloves, Salt, Coriander, Cumin, Dry Ginger, Fennel Seeds), Cumin Powder, Cardamom Powder.

**Ingrédients:** Eau, Oignon, Laitde Coco, Carottes, Huilede Tournesol, Chou-Fleur, Pommes de Terre, Les Pois Verts, Ananas, Haricots, Pâtede Tomate, **Noix De Cajou**, Sucre, Ail, Grainesde Melon, Le Sel, La Farinede Maïs, Piment Vert, Poudre de Curcuma, Noixde Coco Desséchée, Épices (Anistar, Noir Cardamome, de Poivre Noir, Cumin, Cassia, Chilli, Clousde Girofle, Sel, Coriandre, Cumin, Gingembre Sec, Grainesde Fenouil), Cumin En Poudre, Poudre de Cardamome.

**Zutaten:** Wasser, Zwiebel, Kokosmilch, Karotte, Sonnenblumenöl, Blumenkohl, Kartoffeln, GrüneErbsen, Ananas, Bohnen, Tomaten, **Acajounuss**, Zucker, Knoblauch, Melone-Samen, Salz, Maismehl, Grüner Chili, Kurkuma, Kokosnuss, Gewürze (Anistar, Schwarz Kardamom, SchwarzerPfeffer, Kümmel, Cassia, Chili, Nelken, Salz, Koriander, Kreuzkümmel, Chemischelngwer, Fenchel), Kreuzkümmel Pulver, Kardamompulver.

**Ingredienti:** acqua, cipolla, latte di cocco, carota, olio di girasole, cavolfiore, patate, piselliverdi, ananas, fagioli, pomodoroincolla, **noce di anacardio**, zucchero, aglio, semi di melone, sale, farina di mais, verdepeperoncino, curcuma in polvere, noce di coccoessiccata, spezie (anistar, nerocardamomo, pepe nero, cumino, cassia, peperoncino, chiodi di garofano, sale, coriandolo, cumino, zenzerosecco, semi di finocchio), cumino in polvere, polvere di cardamomo.

**Ingredientes:** Agua, Cebolla, Coco Leche, Zanahoria, Aceitede Girasol, Coliflor, Patatas, Guisantes Verdes, Piña, Frijoles, Tomate Pegar, **Anacardos**, Azúcar, Ajo, Melón Seeds, Sal, Harinade Maíz, Verde Chile, CúrcumaEnPolvo, Coco Seco, Especias (Anistar, Negro de Cardamomo, Pimienta Negro, Alcaravea, Cassia, Chile, Clavode Olor, Sal, Cilantro, Comino, Jengibre Seco, Semillasde Hinojo), Comino En Polvo, Cardamomo En Polvo.

**Nutrition Facts**
2 servings per container
**Serving Size** 1/2 cup (140g)

**Amount per serving**
**Calories** 210

| | % Daily Value* |
|---|---|
| **Total Fat** 15g | 23% |
| Saturated Fat 5g | 25% |
| *Trans* Fat 0g | |
| **Cholesterol** 0 mg | 0% |
| **Sodium** 470mg | 20% |
| **Total Carbohydrate** 14g | 5% |
| Dietary Fiber 2g | 8% |
| Total Sugars 4g | |
| Includes 2g Added Sugars | 4% |
| **Protein** 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 38mg | 4% |
| Iron 1mg | 8% |
| Potassium 110mg | 4% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**NUTRITION INFORMATION**
Servings per package 2
Serving Size: 140 g

| | Quantity per Serving | Quantity per 100 g |
|---|---|---|
| Energy | 844.0 Kj / 201.6 Kcal | 602.8 Kj / 144 Kcal |
| Protein | 2.8 g | 2.0 g |
| Fat, total | 15.2 g | 10.9 g |
| -saturated | 4.7 g | 3.3 g |
| Carbohydrate | 14.0 g | 10.0 g |
| sugars | 2.2 g | 1.6 g |
| Sodium | 465.9 mg | 332.8 mg |

All specified values are averages

**NUTRITION INFORMATION**
Typical values per 100 g

| | |
|---|---|
| Energy | 602.8Kj/ 144 Kcal |
| Fat | 10.9 g |
| Of which Saturated | 3.3 g |
| Carbohydrate | 10.0 g |
| Of which Sugar | 1.6 g |
| Protein | 2.0 g |
| Salt | 0.8 g |

Processed in a facility that also processes Tree nuts, Peanuts, Soya, Mustard & Sesame.

DO NOT USE THE INNER POUCH IF LEAKING OR BLOATED.

Requires no refrigeration until the pouch is opened

Product of India / Produit de L'inde | Produkt aus Indien | Prodotto di india | Producto de la india

Net Wt. / Poids Net / Netto Gew / Peso Neto / Peso Netto
280g ℮ / 10 oz

Manufactured by: **ADF FOODS LIMITED**
C-40, 40/1 40/2, 40/3, GIDC, Indl. Estate
Nadiad - 387001, Gujarat, India.
**Email:** info@adf-foods.com
**Visit us at:** www.adf-foods.com

Best Before
Le mieux Avant la Date
Mindesthaltbarkeitsdatum
Holdbarhedsdato

IMPORTER & DISTRIBUTED BY
MASTER TRADERS LTD.
email: GURINDER@mastertradersltd.co.uk

fssai
Lic. No.10012021000252

8 901552 021487