



PUNJABI CHOLEY

280g



Punjabi Choley

Pois Chiche au Curry
Curried Kichererbsen
حمص بالكاري

'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.

Punjabi Choley forms an integral part of a hearty lunch menu in North India. It's a delicious chick pea preparation relished all across the country for its spicy, tangy flavour. This recipe is ideally served as main dish with freshly cooked rice, naan breads or piping hot puris (puffed Indian bread)

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 the microwaveable bowl and heat it for 2 minutes.
Stir and serve.

INGREDIENTS

Water, Chickpeas, Onion, Sunflower Oil, Garlic, Tomato Paste, Salt, Ginger, Coriander Leaves, Spices (Coriander Seeds, Cumin, Black Pepper, Pomegranate Powder, Bay Leaf, Black Salt, Dry Fenugreek Leaves, Red Chilli Whole, Dry Mango Powder, Salt, Cinnamon, Carom Powder, Ginger Powder, Black Cardamom), Red Chilli Whole, Cumin, Coriander, Fennel, Black Salt.

Ingédients: Eau, Pois Chiches, Oignon, Huile De Tournesol, Ail, De Pâte De Tomato, Sel, Gingembre, Feuilles De Coriandre, Épices (Graines De Coriandre, Cumin, Poivre Noir, Poudre De Grenade, Laurier, Sel Noir, Feuilles De Fenugrec Séchées, Entiers Piment Rouge, Poudre Sèche Mangue, Sel, La Cannelle, Ajowan Poudre, Poudre De Gingembre, La Cardamome Noire), Piment Rouge Entier, Cumin, Coriandre, Fenouil, Sel Noir.

Zutaten: Wasser, Kichererbsen, Zwiebel, Sonnenblumenöl, Knoblauch, Tomatenpaste, Salz, Ingwer, Korianterblätter, Gewürze (Koriander samen, Kreuzkümmel, Schwarzer Pfeffer, Granatapfelpulver, Lorbeerblatt, Schwarzer Salz, Trockenes Bockshornklee-Blätter, Rotes Chilli Ganzes, Trocknet Mango Pulver, Salz, Zimt, Ajwain Pulver, Ingwerpulver, Schwarzer Kardamom), Rote Chilli Ganzes, Kreuzkümmel, Koriander, Fenchel, Schwarzsatz.

Ingredienti: Acqua, Ceci, Cipolla, Olio di Girasole, Aglio, Concentrato di pomodoro, Sale, Zenzero, Foglie di coriandolo, Spezie (Semenze di Coriandolo, Cumino, Pepe nero, Melograno in polvere, Foglia di Bala, Sale Nero, Asciugare le foglie, Di fieno greco, Peperoncino Rossi intero, Polvere di mango asciutto, Sale, Cannella, Polvere di Ajwain, Polvere di Zenzero, Cardamomo Nero), Peperoncino Rossi intero, Cumino, Coriandolo, Finocchi, Sale Nero.

Ingredientes: Agua, Garbanzos, Cebolla, Aceite De Girasol, Ajo, Pasta De Tomato, Sal, Jengibre, Hojas De Cilantro, Especies (Semillas De Cilantro, Comino, Pimienta Negra, Granada En Polvo, Hoja De Laurel, Sal Negra, Hojas De Alholva Seco, Aji Rojo Entero, Mango Seco, Sal, Canela, Ajwain En Polvo, Jengibre En Polvo, Cardamomo Negro), Aji Rojo Entero, Comino, Cilantro, Hinojo, Sal Negro.

المكونات: ماء، حمص، بصل، زيت نوار الشمس، ثوم، معجون الطماطم، ملح، زنجبيل، أوراق الكزبرة، توابل (بذور الكزبرة، كمون، فلفل اسود، مسحوق الزمان، ورقة الفار، ملح اسود، أوراق الحليفة الجافة، مجموعة فلفل احمر، مسحوق مانجو جاف، ملح، قرفة، مسحوق الكاويوم، مسحوق الزنجبيل، هيل اسود)، مجموعة فلفل احمر، كمون، كزبرة، ثمر، ملح اسود.

Nutrition Facts

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

Amount per serving	
Calories	120
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 860mg	36%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	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.

U.S. FCE #09591

NUTRITION INFORMATION

Servings per package 2
Serving Size: 140 g

	Quantity per Serving	Quantity per 100 g
Energy	476.9 KJ / 114.2 Kcal	340.8 KJ / 81.4 Kcal
Protein	2.8 g	2.0 g
Fat, total	6.0 g	4.3 g
-saturated	0.5 g	0.4 g
Carbohydrate	12.6 g	9.0 g
sugars	0.0 g	0.0 g
Sodium	859.0 mg	613.6 mg

All specified values are averages

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

DO NOT USE THE INNER POUCH IF LEAKING OR BLOATED.

NIUTILISER PAS LE PETIT SAC INT RIEUR SIIL FUIT OU BOUFFI.

لا تستعمل الكيس الداخلي ان يتسرب هذا او منتفخ

NUTRITION INFORMATION

Typical values per 100 g

Energy	340.8 KJ / 81.4 Kcal
Fat	4.3 g
Of which Saturated	0.4 g
Carbohydrate	9.0 g
Of which Sugar	<0.5 g
Protein	2.0 g
Salt	1.6 g

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Net Wt. / Poids Net / Netto Gew / Peso Neto / Peso Netto / الوزن الصافي
280g e / 10 oz / ٢٨٠.

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