

MATAR PANEER

280g



Matar Paneer (Tofu)

Green Peas with Soya Paneer Tofu

'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.

Matar Paneer (Tofu) is a delicious dish made of fresh green peas in a tomato based sauce with tofu. It makes an excellent main course when served with hot rice, naan bread or chapatis.

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, Green Peas, **Soya** Paneer (Tofu (**Soya** beans, Water, Citric Acid, Salt)), Onion, Coconut Milk, Sunflower Oil, **Cashewnuts**, Garlic, Tomato Paste, Ginger, Salt, Chilli Powder, Corn starch, Green Chilli, Cumin, Red Chilli Whole, Coriander, Turmeric, Dried Fenugreek Leaves.

Ingédients: Eau, Pois Verts, **Soja** Paneer (Tofu (les graines de soja, Eau, acide citrique, Sel)), Oignon, lait de coco, Huile De Tournesol, **Noix De Cajou**, L'ail, Pâte De Tomates, Gingembre, Sel, Poudre De Piment Rouge, Amidon de maïs, Piment Vert, Cumin, Piment Rouge Entier, Coriandre, Curcuma, Feuilles De Fenugrec Séchées.

Zutaten: Wasser, grüne Erbsen, **Soja** Paneer (Tofu (**Sojabohnen**, Wasser, Zitronensäure, Salz)), Zwiebeln, Kokosmilch, Sonnenblumenöl, **Cashewnüsse**, Knoblauch, Tomatenpaste, Ingwer, Salz, Chili Pulver, Kornstärke, Grün Chilli, Kreuzkümmel, Rote Chilli Ganzes, Koriander, Gelbwurz, Getrocknet Bockshornklee-Blätter.

Ingredienti: Acqua, piselli verdi, **soia** paneer (tofu (semi di soia, acqua, acido citrico, sale)), cipolla, latte di cocco, olio di girasole, **nocci di anacardio**, aglio, concentrato di pomodoro, zenzero, sale, peperoncino in polvere, amido di mais, peperoncino verde, cumino, peperoncino rossi intero, coriandolo, curcuma, foglie di fieno greco essiccate.

Ingredientes: Agua, Guisantes, Paneer de **soja** (Queso de soja(haba de **soja**, Agua, Ácido Cítrico, Sal)), Cebolla, leche de coco, Aceite De Girasol, **Anacardos**, Ajo, Pasta De Tomate, Jengibre, Sal, Ají En Polvo, Almidón de maíz, Ají Verde, Comino, Ají Rojo Entero, Cilantro, Cúrcuma, Hojas de Alholva Seca.

Nutrition Facts

2 servings per container

Serving Size 1/2 cup (140g)

Amount per serving

Calories 180

% Daily Value*

Total Fat 11g 17%

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 0 mg 0%

Sodium 440mg 18%

Total Carbohydrate 12g 4%

Dietary Fiber 2g **8%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 8g

Vitamin D 0mcg 0%

Calcium 77mg 8%

Iron 2mg 15%

Potassium 130mg 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.

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NUTRITION INFORMATION

Servings per package 2

Serving Size: 140 g

	Quantity per Serving	Quantity per 100 g
Energy	732.6 Kj / 175 Kcal	523.3 Kj / 125 Kcal
Protein	7.6 g	5.4 g
Fat, total	11.2 g	8.0 g
-saturated	3.1 g	2.2 g
Carbohydrate	11.8 g	8.4 g
sugars	0.0 g	0.0 g
Sodium	434.4 mg	310.0 mg

All specified values are averages

NUTRITION INFORMATION

Typical values per 100 g

Energy	523.3 Kj / 125.0 Kcal
Fat	8.0 g
Of which Saturated	2.2 g
Carbohydrate	8.4 g
Of which Sugar	<0.5 g
Protein	5.4 g
Salt	0.8 g

Manufactured by: **ADF FOODS LIMITED**
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Nadiad -387001, Gujarat, India.

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Mejor Antes de la Fecha
Consumársi preferiblemente entro Data

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 e / 10 oz



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