


PALAK PANEER (TOFU)

280g



ASHOKA
THE ORIGINAL INDIAN TASTE


Palak Paneer (Tofu)
Curried spinach and 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.

Palak Paneer (Tofu) is a delicious preparation of soft tofu and curried spinach in a mild sauce, this dish is relished with hot naan breads, chapatis or as an accompaniment to Indian meals.


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

Spinach, Water, Soya Paneer (Tofu (Soya beans, Water, Citric Acid, Salt)), Onion, Sunflower Oil, Coconut Milk, Tomato Paste, Ginger, Sugar, Garlic, Corn starch, Salt, Green Chilli, Cumin, Red Chilli Whole, Turmeric, Spices (Anistar, Black Cardamom, Black Pepper, Caraway, Cassia, Chilli, Clove, Salt, Coriander, Cumin, Dry Ginger, Fennel Seeds), Chilli Powder, Fennel.

Ingédients: Épinards, Eau, Soja Paneer (Tofu (les graines de soja, Eau, acide citrique, Sel)), Oignon, Huile De Tourne-sol, lait de coco, Pâte De Tomato, Gingembre, Sucre, Ail, Amidon de maïs, Sel, Piment Vert, Cumin, Piment Rouge Entier, Curcuma, Épices (Anistar, Noir Cardamome, Poivre Noir, Cumin, Cassia, Piment, Clou De Girofle, Sel, Coriandre, Cumin, Gingembre Sec, Graines De Fenouil), Piment En Poudre, De Fenouil.

Zutaten: Spinat, Wasser, Soja Paneer (Tofu (les graines de soja, Eau, acide citrique, Sel)), Zwiebel, Sonnenblumenöl, Kokosmilch, Tomatenpaste, Ingwer, Zucker, Knoblauch, Kornstärke, Salz, Grün chilli, Kreuzkümmel, Rote chilli Ganzes, Gelbwurze, Gewürze (Anistar, Schwarz Kardamom, Schwarzer Pfeffer, Kümmel, Kassia, Chilli, Gewürznelke, Salz, Koriander, Kreuzkümmel, Trockenes Ingwer, Fenchelsamen), Chilli Pulver, Fenchel.

Ingredienti: Spinaci, Acqua, soia paneer (tofu (semi di soia, acqua, acido citrico, sale)), Cipolla, Olio di Girasole, Latte di cocco, concentrato di pomodoro, Zenzero, Zucchero, Aglio, Amido di mais, Sale, Peperoncino Verde, Cumino, Peperoncino Rossi Intero, Curcuma, Spezie (Anistar, Cardamomo Nero, Pepe Nero, Garvi, Cassia, Peperoncino, Spicchio, Sale, Coriandolo, Cumino, Asciugare Zenzero, Sementze di Finocchi), Peperoncino In Polvere, Finocchi.

Ingredientes: Espinacas, Agua, Paneer de soja (Queso de soja [haba de soja, Agua, Ácido Cítrico, Sal]), Cebolla, Aceite De Girasol, leche de coco, Pasta De Tomato, Jengibre, Azúcar, Ajo, Almidón de maíz, Sal, Aji Verde, Comino, Aji Rojo Entero, Curcuma, Especies (Anís Estrellado, Cardamomo Negro, Pimienta Negra, Alcaravea, Casia, Aji, Clavo De Olor, Sal, Cilantro, Comino, Jengibre Seco, Semillas De Hinojo), Aji En Polvo, Hinojo.

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

Amount per serving
Calories 140

	% Daily Value*
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 420mg	18%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 96mg	10%
Iron 7mg	40%
Potassium 145mg	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 R09591)

NUTRITION INFORMATION
Servings per package 2
Serving Size: 140 g

	Quantity per Serving	Quantity per 100 g
Energy	549.8 KJ / 131.3 Kcal	392.7 KJ / 93.8 Kcal
Protein	5.3 g	3.8 g
Fat, total	8.7 g	6.2 g
-saturated	1.5 g	1.1 g
Carbohydrate	8.3 g	5.9 g
sugars	1.3 g	0.9 g
Sodium	418.7 mg	299.0 mg

All specified values are averages

NUTRITION INFORMATION
Typical values per 100 g


Energy	392.7 KJ / 93.8 Kcal
Fat	6.2 g
Of which Saturated	1.1 g
Carbohydrate	5.9 g
Of which Sugar	0.9 g
Protein	3.8 g
Salt	0.7 g

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

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



8190155210213711



Lic. No.10012021000252

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

Best Before:
Le mieux Avant la Date
Mindesthaltbarkeitsdatum
Holdbarhedsdato
Mejor Antes de la Fecha
Consumarsi preferibilmente entro Data

