

# **PALAK PANEER (TOFU)**

280g



### Palak 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 tasters freat 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



Take unopened foil pouch and immerse in boiling water for 3-5 minutes.



Empty the contents of the pack in the microwaveable bowl and heat it for 2 minutes.

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, Clowe, Salt, Coriander, Cumin, Dry Ginger, Fennel Seeds), Chilli Powder, Fennel.

Ingrédients: Épinards, Eau, Soja Paneer (Tofu (les graines de soja, Eau, acide citrique, Sel)), Oignon, Huile De Tournesol, lait de coco, Pâte De Tomate, Gingembre, Sucre, All, Amidon de mais, Sel, Piment Vert, Cumin, Piment Rouge Entier, Curcuma, Epices (Anistar, Noir Cardamome, Potvre Noir, Cumin, Cassia, Piment, Clou De Girofle, Sel, Coriandre, Cumin, Gingembre Sec, Graines De Fenouil), Piment En Poudre, De Fenouil.

Tutaten: Spinat, Wasser, Soja Paneer (Tofu (les graines de soja, Eau acide ctirique, Sell), Zwiebel, Sonnenblumenol, Kokosmilch, Tomatenpaste, Ingwer, Zuckeer, Knoblauch, Kornstafre, Salz, Grün chilli, Kreuzkümmel, Rote chilli Ganzes, Gelbwurz, Gewürze (Anistar, Schwarze Kardamom, Schwarzer Pfeffer, Kümmel, Kassia, Chilli, Gewürznelke, Salz, Koriander, Kreuzkümmel, Trockenes Ingwer, Fenchelsamen), Chilli Pulver, Fenchel.

Ingredlenti Spinaci, Acqua, sola paneer (tofu (semi di sogia, acqua, acido citrico, sale)), Cipolla, Ollo di Girasole, Latte di cocco, concentrato di pomodoro, Cenzero, Zucchero, Aglio, Amido di mais, Sale, Peperoncino Verde, Cumino, Peperoncino Rossi Intero, Curcuma, Spezie (Anistar, Carvimono Nero, Pepe Nero, Carvi, Cassia, Peperoncino, Solicolio, Sale, Coriandolo, Cumino, Asciugare Zenzero, Semenze di Finocchi), Peperoncino pin Polvere, Finocchi, Sale,

repervoicino in Poivere, Pinocchi.
Ingredientes: Espinacas, Agua, Paneer de soja (Queso de soja(haba de soja Agua, Árido Cítrico, Sal)), Cebolla, Aceite De Girasol, leche de coco, Pesta De Tomate, lengibre, Aricar, Ajo, Almidón de maiz, Sal, Alf Verde, Comino, Alf. Rojo. Entero, Cúrcuma, Especias (Anís Estrellado, Cardamomo Negro, Pimienta Negra, Alcaravea, Casia, Alf. Cavo De Olor, Sal, Cilantro, Comino, Jengibre Seco, Semillas De Hinojo), Ají En Polvo, Hinojo.

Indien I Prodotto di india I Producto de la india

2 servings per container

% Daily Value
14%
10%
0%
18%
g <b>3</b> %
0%
Sugars 2%
0%
10%
40%
4%

## Nutrition Facts NUTRITION INFORMATION Servings per package 2

NUTRITION INFORMATION

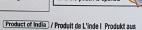
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	Quantity per Serving	Quantity per 100 g
Energy	549.8 Kj / 131.3 Kcal	392.7 Ki/93.8 Kca
Protein	5.3 g	3.8 g
Fat, total	8.7 g	6.2 q
-saturated	1.5 g	1.1 q
Carbohydrate	8.3 q	5.9 g
sugars	1.3 g	0.9 g
Sodium	418.7 mg	299.0 mg

DO NOT USE THE INNER POUCH IF LEAKING OR BLOATED.

Requires no refrigeration until the pouch is opened



Energy 392. Fat Of which Saturated Net Wt. / Poids Net / Netto Gew / Peso Neto / Peso Netto Carbohydrate
Of which Sugar
Protein
Salt 280g ⊕ / 10 oz





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