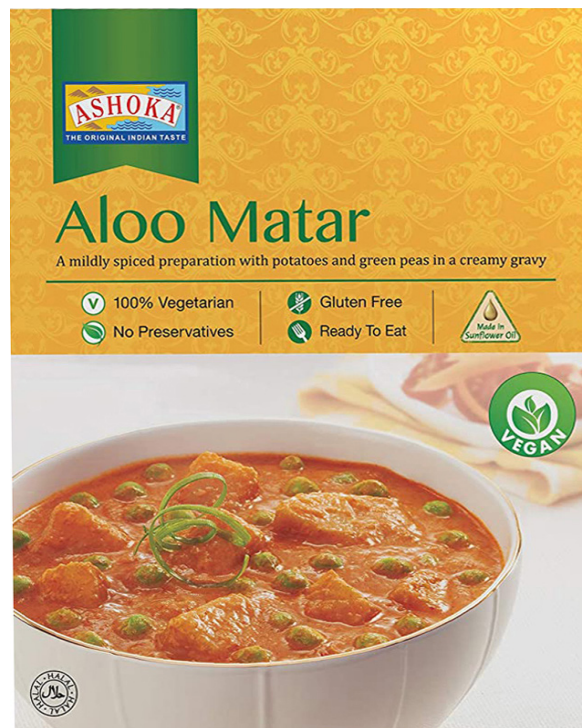


## ALOO MATAR

280g





### Aloo Matar

Pommes de Terre Avec Pois Dans Une Sauce  
Kartoffeln und Erbsen in Sauce  
بطاطس وزباد بالمشة

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

**Aloo Matar** is a delicious, medium hot dish from Punjab in North India. Blending the mouthwatering taste of fresh green peas in thick sauce with potatoes, it makes an excellent main course when served with hot rice, naan breads or chapatis.

#### INGREDIENTS

Water, Potatoes, Green Peas, Onion Paste, Coconut Milk, Sunflower Oil, Cashewnuts, Garlic, Tomato Paste, Ginger, Salt, Chilli Powder, Coriander, Green Chilli, Cumin, Red Chilli Whole, Coriander, Turmeric Powder, Dried Fenugreek Leaves

**Ingredients:** Eau, Pommes De Terre, Petits Pois Verts, Oignon, lait de coco, Huile De Tournesol, **Noix De Cajou**, Ail, Colle De Tomato, Gingembre, Sel, Poudre Au Piment Rouge, Farine De Maïs, Piment Au Piment, Rouge Vert, Coriandre, Cumin, Poudre De Curcuma, Compés De Fenugrec.

**Zutaten:** Wasser, Kartoffeln, Grüne Erbsen, Zwiebelpaste, Kokosmilch, Sonnenblumenöl, **Acajounüsse**, Knoblauch, Tomatenpaste, Ingwer, Salz, Chilli Pulver, Stärkemehl, Grün Chilli, Kreuzkümmel, Rote Chilli Ganzes, Koriander, Gelbwurz Pulver, Getrocknet Bockshornklee-Blätter

**Ingredienti:** Acqua, Patate, Piselli Verdi, Pasta di Cipolla, latte di cocco, Olio di Girasole, **Noci di anacardio**, Aglio, Concentrato di pomodoro, Zenzero, Sale, Polvere di peperoncino, Farina di granturco, Peperoncino verde, Cumino, Peperoncino Roast intero, Coriandolo, Polvere di Curcuma, Foglie di fieno greco essiccate

**Ingredientes:** Agua, Patatas, Guisantes, Pasta de Tomate, Jengibre, Sal, Aji en Polvo, Harina De Maiz, Aji Verde, Comino, Aji Rojo Entero, Cilantro, Curcuma en Polvo, Hojas Secas de Penegreco

المكونات: ماء، بطاطس، بزل، خضراء، معجون الصل، خبز جز الهند، زيت دوار الشمس، كزبرة، ثوم، معجون الفلفل، زنجبيل، ملح، مسحوق الفلفل الحار، دقيق الفول، أوراق الحنظل.

#### HEATING INSTRUCTIONS

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

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

#### Nutrition Facts

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

Amount per serving	% Daily Value*
<b>Calories 170</b>	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 510mg	<b>21%</b>
<b>Total Carbohydrate</b> 10g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 43mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 252mg	<b>8%</b>

\*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 (887.5 kJ / 164.2 kcal)	491.1 kJ / 117.3 kcal
Fat, total 3.5 g	2.5 g
saturated 0.5 g	0.8 g
Carbohydrate 2.8 g	2.9 g
sugars 0.0 g	11.4 g
Sodium 502.3 mg	358.8 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.  
N'UTILISER PAS LE PETIT SAC INT RIEUR S'IL FUIT OU BOUFFI.  
لا تستعمل الكيس الداخلي إن لم يمتلئ هذا أو ينفخ.

(Product of India) / Produit de l'Inde / Produkt aus Indien / Prodotto di India / Producto de la India / الهند | إنتاج

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

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Best Before  
Le mieux Avant la Date  
Modesthetisch Versterken  
Höchstschadenszeit  
Mayor Antes de la Fecha  
Consumers preferibilmente entro Data