

01348 | Paramount | 15-300gpk

## Vegan Penang Curry

A fiery aromatic coconut sauce with cauliflower, green beans, mangetout, peppers and kaffir lime leaves.

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### Description

Unique Marketing Statement	A fiery aromatic coconut sauce with cauliflower, green beans, mangetout, peppers and kaffir lime leaves.
Brand Name	Paramount
Country of Origin	UK

### Ingredients

Ingredients	coconut milk (45%) [coconut, water], cauliflower (13%), green beans (13%), mangetout (7%), red peppers (6%), yellow peppers (6%), red curry paste [red chilli (25%), galangal, salt, garlic, lemongrass, coriander, shallots, kaffir lime, cumin, pepper, yeast extract, antioxidant (E330)], demerara sugar, lemongrass puree, water, modified maize starch, kaffir lime leaves.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	15
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	423 kJ
Energy (Kilocalories)	101 kcal
Fat, Total	7.5 g
Saturated	6.5 g
Carbohydrate	7.7 g
Sugars	3.4 g
Dietary Fibre, Total	2.2 g
Protein, Total	1.8 g
Salt	0.67 g
Sodium	264 mg

### Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
Wheat (as an ingredient)	Does NOT Contain
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

## Dietary Information

Halal Certified	Yes
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	No assurance scheme

## Preparation Suggestions

Is the product ready to eat?	No
Oven	No
Oven From Frozen	No
Microwave Instructions	Microwave (950W); pierce film lid. Place on microwaveable plate. Cook at 440W for 6 minutes. Carefully remove film and stir. Replace film. Cook on full power for 2 minutes. Stir before serving.
Fry	000
Grill	No
Other	000

# Packaging

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Do you have any packaging environmental claims?

No environmental packaging claim