

40734 | The Phat Pasty Co | 20-283g

Phat Bobotie Jackfruit Pasty Vegan

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Description

Brand Name	The Phat Pasty Co
Country of Origin	UK

Ingredients

Ingredients	WHEAT Flour (calcium, iron, niacin, thiamin), Potatoes, RSPO Palm Oil, Water. Onions, Young Green Jackfruit (8%), Sweet Potato, Chopped Tomatoes (tomatoes, tomato juice, acidity regulator: citric acid), Apple Filling (apple, sugar, sodium alginate, preservative: potassium sorbate, acidity regulator: citric acid), Vegetable Oil, Raisins, Salt, Lemon Juice (lemon juice (from concentrate), sodium metabiSULPHITE), Balsamic Vinegar (red wine vinegar, grape must, colour: caramel, preservative: potassium metabiSULPHITE), Tomato Puree, Cornflour, Sugar, Rehydrated Garlic, Ground Spices (coriander, cumin, tumeric, chilli, cloves, black pepper, ginger, cinnamon), Mango, Yeast Extract, Tomato Paste, Dried Vegetables (onion, parsley, potato), Ginger Puree, Molasses, Spirit Vinegar, Creamed Coconut (SULPHITES), Garlic Puree, Dextrose, Natural Flavouring, Red Chilli, Tamarind Paste, Coriander Leaf, Paprika Extract, Raising Agent: ammonium bicarbonate, Chilli Powder, Ginger, Garlic. Rusk (WHEAT).
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	20
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1134 kJ
Energy (Kilocalories)	271 kcal
Fat, Total	13.9 g
Saturated	6.6 g
Carbohydrate	31.3 g
Sugars	7.6 g
Dietary Fibre, Total	1.9 g
Protein, Total	4.2 g
Salt	0.93 g
Sodium	364 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
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	May 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	May 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)	Contains
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
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	This is a raw product. Bake from frozen. As a guideline only and appliances vary in performance. Pre-heat a convection oven to 180C / 360F. Line baking tray with baking parchment and place products with 2cm gap inbetween. Bake for approximately 45 minutes until golden brown.
Oven From Frozen	No
Microwave Instructions	No
Fry	000
Grill	No
Other	000

Packaging

Do you have any packaging environmental claims?

Recyclable