

61474 | The Phat Pasty Co | 20-285g

## Phat Naked Vegan Kerelan Cauliflower Chickpea & Onion Bhaji Pasty

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### Description

|                   |                   |
|-------------------|-------------------|
| Brand Name        | The Phat Pasty Co |
| Country of Origin | UK                |

### Ingredients

|                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ingredients                                                | WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Cauliflower, Chickpeas ( Chickpeas, Water, Salt, Ascorbic Acid), Sustainable Palm Oil, Onions, Coconut Milk, Onion Bhaji (Onion, Gram Flour, Cottonseed Oil, Rice Flour, Salt, Green Chilli, Garlic, Coriander, Ginger, Garam Masala Powder ( Cumin Seed, Black Pepper, Cinnamon, Cardamom, Bay Leaf, Mace, Clove, Nutmeg), Red Chilli Powder, Lemon juice, Asafoetida, Turmeric Powder, Raising Agent (Sodium Bicarbonate)), Vegetable Oil, Sugar, Rehydrated Garlic, Red Chilli, Ginger Puree, Salt, Modified Maize Starch, Coriander, Garam Masala, Turmeric, Cumin Seeds, Ground Cardamom, Dextrose, Fenugreek, Cinnamon, Acidity Regulator (Citric Acid), Edible Logo (Potato Starch, Water, Olive Oil, Colour (Vegetable Carbon). |
| Is the product made from at least 65% British ingredients? | No                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Contains GM Ingredients                                    | No                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

### Nutrition

|                                    |    |
|------------------------------------|----|
| Servings per Consumer Unit (Inner) | 20 |
|------------------------------------|----|

| Nutrients             | Quantity per 100g/ml |
|-----------------------|----------------------|
| Energy (Kilojoules)   | 1381 kJ              |
| Energy (Kilocalories) | 330 kcal             |
| Fat, Total            | 23 g                 |
| Saturated             | 11.7 g               |
| Carbohydrate          | 24.2 g               |
| Sugars                | 2 g                  |
| Dietary Fibre, Total  | 2.5 g                |
| Protein, Total        | 5.4 g                |
| Salt                  | 1.4 g                |
| Sodium                | 560 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                             | 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                                               | 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                         | Do not defrost before baking. Preheat fan oven to 180C, place product on a baking tray lined with baking parchment. Bake for 40 - 45 minutes to reach a core temperature of 95C to allow the pastry to cook through. |
| Oven From Frozen             | No                                                                                                                                                                                                                   |
| Microwave Instructions       | No                                                                                                                                                                                                                   |
| Fry                          | 000                                                                                                                                                                                                                  |
| Grill                        | No                                                                                                                                                                                                                   |
| Other                        | 000                                                                                                                                                                                                                  |

## Packaging

Do you have any packaging environmental claims?

Recyclable