

80396 | Blue Mountain | 12-360g

Goat Curry With Rice And Peas

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Description

Brand Name	Blue Mountain
Country of Origin	UK

Ingredients

Ingredients	Rice (38%), mutton (28%), (WHEAT flour (with calcium, iron, niacin, thiamin), red kidney beans (2%), herbs and spices in variable proportions (paprika, turmeric, coriander, fenugreek, pimento, cloves, garlic, cumin, chilli, CELERY, ,MUSTARD flour), salt, black pepper, coconut cream.
Is the product made from at least 65% British ingredients?	Yes
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	12
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1113 kJ
Energy (Kilocalories)	266 kcal
Fat, Total	7.6 g
Saturated	2.9 g
Carbohydrate	39.2 g
Sugars	0.5 g
Dietary Fibre, Total	2.5 g
Protein, Total	10.3 g
Salt	0.31 g
Sodium	120 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	May Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	May 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)	Contains
Mustard (and products thereof)	Contains
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	No
Suitable for Vegetarian	No
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	Place in a pre-heated oven, 150°C for 30-35 minutes
Oven From Frozen	No
Microwave Instructions	Cook from Frozen.Heat at 700W for 8-9 minutes
Fry	000
Grill	No
Other	000

Packaging

Do you have any packaging environmental claims?

No environmental packaging claim