

Chicken Sambar Dahl

“ Authentic Indian Dahl with chicken, tomato, lentils and coriander ”

An average 300g soup portion contains:

Energy 768kj 184kcal	Fat	Saturates	Sugars	Salt
9%	10.2g	0.9g	4.0g	3.2g
	15%	4%	4%	54%

of your reference intake. Reference intake
of an average adult (8400kj/ 2000kcal)

Ingredients:

Water, Onion, Tomato, Red Split Lentils, Chicken (8%), Rapeseed Oil, Garlic Puree, Ginger Puree, Lemon Juice, Salt, Fenugreek Seeds, Coriander, Tamarind Paste, Red Chilli, Garam Masala, Turmeric, Ground Coriander, Chilli Powder

Allergens:

NONE

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