

Holy Cow! Mangalore Malabar Vegan Burger

Ingredients

Product	Quantity
Holy Cow! Mangalore Malabar Curry Sauce/Marinade 1Kg x 3	1000.00 g
BUCHANANS CHICKPEAS	75.00 g
Crazy Jack Organic Green Lentils 250g	75.00 g
Carrots Sliced 2.5kg	50.00 g
Ardo British Garden Peas 10x1kg	25.00 g
RICE FLOUR 5kg	50.00 g

Serves: 8

Allergy Information

Key: Contains May Contain

May Contain Cereal	May Contain Gluten	Does Not Contain Milk	Does Not Contain Eggs	May Contain Peanuts	May Contain Nuts	Does Not Contain Crustaceans	Contains Mustard
Does Not Contain Fish	Does Not Contain Lupin	May Contain Sesame	May Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	May Contain SO2	

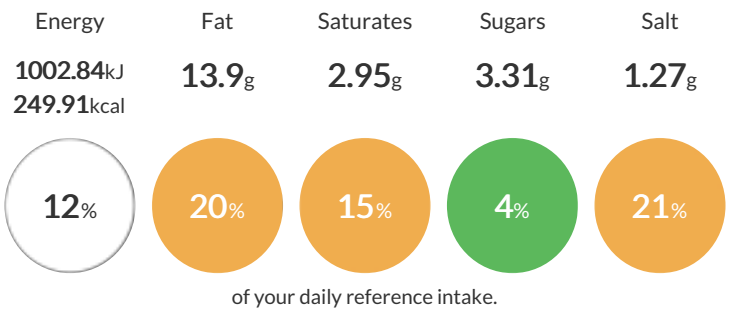
Dietary Information

Key: Suitable for

Suitable for Vegetarian	Suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal

Reference Intake

Each serving contains:



Nutritional Summary

Energy	1002.84kJ 249.91kCal
Protein	6.99g
Carbohydrates	22.96g
of which sugars	3.31g
Non Milk Extrinsic Sugars	0g
Fat	13.9g
of which saturates	2.95g
Fibre	3.93g
Salt	1.27g
Sodium	0g
Iron	0.02mg
Calcium	1.56mg
Zinc	0.01mg
Folate	0.75µg
Vitamin A	625µg
Vitamin C	0.38mg

Method & Recipe Notes

1. Mix together the chickpeas, lentils, carrots & peas with rice flour (in moderation). 2. Add enough Holy Cow! Mangalore Malabar sauce to form. 3. Place in a fridge for a couple of hours. 4. Bake in the oven for 25 to 30 minutes and turning halfway through. 5. Serve in Bun, wrap or on a Naan with salad, chutney and raita.

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