

# The Flexitarian's Vegan Cauliflower and Aubergine Curry

## Ingredients

Product	Quantity
Vegetable Oil	27.00 g
whole peeled white onion	170.00 g
Garlic cloves	18.00 g
Ginger	6.06 g
Garam Masala	7.40 g
Ground Cumin	4.06 g
Ground Cinnamon	2.76 g
Tomato Puree	14.00 g
Aubergine	500.00 g
VEGETABLE STOCK MIX	250.00 g
Raisins	75.00 g
Coconut Milk	400.00 g
Chickpeas	400.00 g
Coriander	40.00 g
Cauliflower Florets	500.00 g

Serves: 6

## Allergy Information

Key: Contains May Contain

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

Nuts:		Cereals:	
Almond Nuts:	May	Wheat:	No
Hazelnuts:	May	Rye:	No
Walnuts:	May	Spelt:	No
Cashew Nuts:	May	Oats:	No
Pecan Nuts:	May	Barley:	No
Brazil Nuts:	May	Kamut:	No
Pistachio Nuts:	May		

## Dietary Information

Key: Suitable for

Suitable for Vegetarian	Suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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## Label Information

### Ingredients

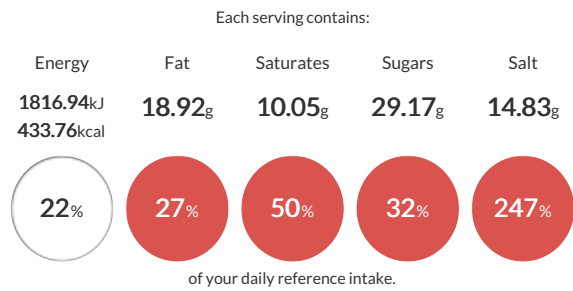
Aubergine (21%) (Aubergine). Cauliflower Florets (21%) (Cauliflower (100%)). Coconut Milk (17%) (Coconut Extract (56%), Water, Stabiliser (E466), Emulsifier (E435), Antioxidant (Citric Acid)). Chickpeas (17%) (Chick peas, water, salt). VEGETABLE STOCK MIX (10%) (Ingredients when reconstituted: Vegetable Stock (Water, Onion, Carrot Extract, Tomato, **CELERIAC**, Herbs, Garlic, Spice), Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil). whole peeled white onion (7%) (white onion). Raisins (3%) (Raisins (99.4%), Sunflower oil.), Coriander (2%) (Coriander Seed). Vegetable Oil (1%) (Soyabean Oil (produced from GM **Soyabeans**), Antifoaming Agent: E900.). Garlic cloves (1%) (100% IQF Garlic cloves). Tomato Puree (1%) (Tomatoes.). Garam Masala (0%) (Coriander Powder, Cumin Powder, Fennel, Ginger Powder, Clove Powder, Cardamom Seeds, **CELERY** Powder, Tarragon). Ginger (0%) (Ginger). Ground Cumin (0%) (Cumin). Ground Cinnamon (0%) (Cinnamon).

## Method & Recipe Notes

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## Reference Intake



## Nutritional Summary

Energy	1816.94kJ 433.76kCal
Protein	13.44g
Carbohydrates	48.65g
of which sugars	29.17g
Non Milk Extrinsic Sugars	0g
Fat	18.92g
of which saturates	10.05g
Fibre	10.39g
Salt	14.83g
Sodium	5.85g
Iron	0.33mg
Calcium	14.17mg
Zinc	0.25mg
Folate	45.83µg
Vitamin A	0µg
Vitamin C	46.67mg