

**Ingredients:** Konjac noodles (69%) (konjac flour, acidity regulators: calcium hydroxide (E526) & citric acid (E330), tapioca syrup, tapioca starch), dried courgettes, carrots, spring onions, potato starch, mixed dried herbs and spices (sea salt, garlic, parsnip, cumin, onions, fenugreek seed, coriander seeds, **celery**, fennel seed, parsley, ginger, paprika)

**Cooking Instructions:** Mix packet contents with 150ml milk or soymilk and 150ml water. Stir for approx. 10 minutes on low heat until creamy. Add some fresh finely chopped parsley for an extra tasty meal. Enjoy!

Store in a cool, dry place

<b>Nutrition facts</b>	<b>Per 100g (dehydrated)</b>	<b>Serving* (320g)</b>	<b>%RI per portion*</b>
<b>Energy</b>	473Kj / 113kcal	758Kj / 181kcal	9.06%
<b>Fat</b>	0.571g	2.81g	4.01%
of which saturates	0.074g	1.72g	8.62%
<b>Carbohydrates</b>	11.8g	18.9g	7.29%
of which sugar	4.5g	11.8g	13.1%
<b>Fiber</b>	25.7g	25.2g	101%
<b>Protein</b>	2.37g	7.57g	15.1%
<b>Salt</b>	2.44g	2.58g	43.0%

\* prepared with 150ml skim milk and 150ml water

**Shileo UG (haftungsbeschränkt)**

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