

## **OKRO SOUP**

Net Wt.: 450g | Use By: DD/MM/YYYY | Batch: 151025

**Ingredients:** Chopped and blended Okro (45%), Irish Beef (10%), Cowleg (10%), Tripe (5%), Blended Crayfish, Palm Oil, scotch bonnet, hot dry pepper, onions, water, locust beans, Crayfish seasoning (containing Salt, corn starch, monosodium glutamate, disodium 5-ribonucleotides, sugar, maltodextrin, northern prawn, flavourings(contains fish), sunflower oil, spices and colour(E160b)).

### **Dietary Information:**

May contain traces of eggs, milk, celery, soya, molluscs, lupin mustard and nuts.

**Allergens::** Fish, Crustaceans, gluten(wheat), milk, soya beans

**Storage:** Store at -18°C. Do not refreeze once thawed. Keep refrigerated ≤5°C. Once opened, consume within 2 days.

**Heating:** Microwave (800W): heat 5-7mins, stir halfway. Ensure food is piping hot (≥75°C).

**Nutrition** (per 100g): Energy: 67kcal | Fat: 3g (Sat: 1.2g) | Carb: 5g (Sugars: 2g) Protein: 5.2g | Salt: 0.8g

Produced and Packed by in Ireland by :

Spice Nation Gourmet  
Stamullen Main Street. K32F677 Co. Meath.  
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## EFO RIRO (VEGETABLE SOUP)

Net Wt.: 450g | Use By: DD/MM/YYYY | Batch: 151025

Ingredients: Spinach (45%), red bell peppers (15%), Irish Beef (10%), cowleg (10%), tripe(5%), Locust Beans, Scotch Bonnet, blended crayfish, Onions, Palm Oil, crayfish Seasoning (containing Salt, corn starch, monosodium glutamate, disodium 5-ribonucleotides, sugar, maltodextrin, northern prawn, flavourings(contains fish) , sunflower oil, spices and colour( E160b)).

### Dietary Information

May contain traces of eggs, milk, celery, soya , molluscs, lupin mustard and nuts.

**Allergens:: Fish, Crustaceans, gluten(wheat), milk, soya beans**

Storage: Store at -18°C. Do not refreeze once thawed. Keep refrigerated  $\leq 5^{\circ}\text{C}$ .

Once opened, consume within 2 days. Heating: Microwave (800W): heat 5-7mins, stir half way. Ensure food is piping hot ( $\geq 75^{\circ}\text{C}$ ).

### Nutrition (per 100g):

Energy: 93kcal | Fat: 6g (Sat: 2.2g) | Carb: 4.5g (Sugars: 2.8g) | Protein: 5.5g | Salt: 0.9g

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## EGUSI SOUP

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### Ingredients

Egusi (blended Melon seeds) (45%), Irish Beef 10%, cowleg(5%), tripe (5%), Dried Ugu Leaf 3%, Spinach 3%, Grounded Crayfish, , Palm Oil, Onions, Scotch Bonnet, crayfish seasoning (containing Salt, corn starch, monosodium glutamate, disodium 5-ribonucleotides, sugar, maltodextrin, northern prawn, flavourings(contains fish), sunflower oil, spices and colour( E160b)).

### Dietary Information:

May contain traces of eggs, milk, celery, soya, molluscs, lupin, mustard and nuts.

**Allergens Fish, crustaceans, milk, soya beans, Gluten(wheat)**

Storage: Store at -18°C. Do not refreeze once thawed. Keep refrigerated  $\leq 5^{\circ}\text{C}$ .

Once opened, consume within 2 days. Heating: Microwave (800W): heat 5-7mins, stir half way. Ensure food is piping hot ( $\geq 75^{\circ}\text{C}$ ).

### Nutrition (per 100g):

Energy: 148kcal | Fat: 12g (Sat: 3.5g) | Carb: 4g (Sugars: 1.2g) | Protein: 7.5g | Salt: 1.0g

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## **AYAMASE SAUCE (OFADA STEW)**

Net Wt.: 450g | Use By: DD/MM/YYYY | Batch: 151025

**Ingredients:** Green Bell Peppers (40%), Assorted Irish Beef (10%), Palm Oil, Onions, garlic, ginger, blended crayfish, Scotch Bonnet, Locust Beans (Iru), crayfish Seasoning (containing Salt, corn starch, monosodium glutamate, disodium 5-ribonucleotides, sugar, maltodextrin, northern prawn, flavourings(contains fish), sunflower oil, spices and colour( E160b)).

Dietary Information:

May contain traces of eggs, milk, celery, soya, molluscs, lupin, mustard and nuts.

**Allergens Fish, crustaceans, milk, soya beans, Gluten(wheat)**

Storage: Store at -18°C. Do not refreeze once thawed. Keep refrigerated  $\leq 5^{\circ}\text{C}$ . Once opened, consume within 2 days. Heating: Microwave (800W): heat 5-7mins, Stir half way. Ensure food is piping hot ( $\geq 75^{\circ}\text{C}$ ).

Nutrition (per 100g): Energy: 180kcal | Fat: 16g (Sat: 7.5g) | Carb: 4.5g (Sugars: 3g) | Protein: 5g | Salt: 1.2g

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## **EWA AGANYIN (Togolese Beans with Pepper sauce)**

Net Wt.: 450g | Use By: DD/MM/YYYY | Batch: 151025

Ingredients: Black-eyed beans (60%), palm oil, red bell pepper, onion, chili pepper, blended crayfish, beef stock powder containing salt, monosodium glutamate, corn starch, maltodextrin, soya flour? Flavourings, sunflower oil, colour(E150d), onion and spices)

### **Dietary Information**

May contain: Milk, eggs, gluten(wheat), celery, crustaceans, Soya beans, Fish and molluscs and sulphites.

**Allergens Fish, crustaceans, milk, soya beans, Gluten(wheat)**

Storage: Store at -18°C. Do not refreeze once thawed. Keep refrigerated  $\leq 5^{\circ}\text{C}$ . Once opened, consume within 2 days. Heating: Microwave (800W): heat 5-7mins, stir halfway. Ensure food is piping hot ( $\geq 75^{\circ}\text{C}$ ).

Nutrition (per 100g):Energy: 155kcal | Fat: 7.5g (Sat: 3.2g) | Carb: 17g (Sugars: 2.5g) | Protein: 6.8g | Salt: 1.1g

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## CHICKEN STEW

Net Wt.: 500 g | Use By: DD/MM/YYYY Batch: 151025

Ingredients: Chicken (50%), red bell pepper(15%), tomato (10%), onions, vegetable oil , tomato paste, salt, curry powder, thyme, rosemary, garlic, ginger, bay leaves, scotch bonnet, chicken stock powder [containing salt, corn starch, flavour enhancers(monosodium glutamate, disodium 5-ribonucleotides) , yeast extract, onion powder, flavouring, sugar, soy flour, spices, garlic, herbs, onions, carrots, sunflower oil, chicken fat, chicken meat, flavourings containing soya,])

### Dietary Information

May contain: Milk, eggs, gluten(wheat), celery, crustaceans, Soya beans, Fish, molluscs, lupin, mustard and sulphites. **Allergens: celery, Gluten (Wheat), Soya, Fish, crustaceans, molluscs, Milk, Mustard. Sulphites, lupin**

Storage: Store at -18°C. Do not refreeze once thawed. Keep refrigerated  $\leq 5^{\circ}\text{C}$ .

Once opened, consume within 2 days. Heating: Microwave (800W): heat 5-7mins, stir half way. Ensure food is piping hot ( $\geq 75^{\circ}\text{C}$ ).

Nutrition (per 100g):Energy:156kcal | Fat: 10.g (Sat: 3.1g) | Carbohydrate: 4.2g (Sugars: 2.5.g) | Protein: 12.8g | Salt: 0.9g

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## JOLLOF RICE AND CHICKEN

Net Wt.: 500 g | Use By: DD/MM/YYYY Batch: 151025

Ingredients: Basmati rice (60%), red bell pepper(15%), tomato (10%), onion, vegetable oil, tomato paste, rosemary, curry powder, thyme, garlic, bay leaf, scotch bonnet pepper, beef stock powder containing salt, monosodium glutamate, corn starch, maltodextrin, soya flour? Flavourings, sunflower oil, colour(E150d), onion and spices)

### Dietary Information

May contain: Milk, eggs, gluten(wheat), celery, crustaceans, Soya beans, Fish and molluscs

**Allergens: Contains: Celery, Gluten (Wheat), Soy. May contain: Milk, Mustard, sulphites.**

Storage: Store at -18°C. Do not refreeze once thawed. Keep refrigerated  $\leq 5^{\circ}\text{C}$ .

Once opened, consume within 2 days. Heating: Microwave (800W): heat 5-7mins, stir half way. Ensure food is piping hot ( $\geq 75^{\circ}\text{C}$ ).

Nutrition (per 100g):Energy: 170kcal | Fat: 5.2g (Sat: 0.9g) | Carbohydrate: 26.8g (Sugars: 3.4g) | Protein: 3.1g | Salt: 0.95g

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## OGBONO SOUP

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### Ingredients:

Ogbono Powder (wild mango kernel) (45%), Irish Beef (12%), Cow Leg (10%), Tripe (7%), Spinach (or ugu / fluted pumpkin leaves) (7%), Water, palm oil, , crayfish, ground dry pepper, onion, locust beans (*iru*), crayfish Seasoning (containing Salt, corn starch, monosodium glutamate, disodium 5-ribonucleotides, sugar, maltodextrin, northern prawn, flavourings(contains fish), sunflower oil, spices and colour( E160b)).

### Dietary Information:

May contain traces of eggs, milk, celery, soya, gluten (wheat), molluscs, lupin, mustard and nuts.

**Allergens Fish, crustaceans, milk, soya beans, Gluten(wheat) Celery, Gluten (Wheat), Soya, Mustard Crustaceans, Fish, Molluscs**

Storage: Store at -18°C. Do not refreeze once thawed. Keep refrigerated  $\leq 5^{\circ}\text{C}$ . Once opened, consume within 2 days. Heating: Microwave (800W): heat 5-7mins, stir half way. Ensure food is piping hot ( $\geq 75^{\circ}\text{C}$ ).

### Nutrition (per 100g):

Energy: 720kJ/173kcal | Fat: 12.4g (Sat: 4..8g) | Carbohydrate: 3.2g (Sugars: 0.9g) | Protein: 13.5g | Salt: 1.0g

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## NIGERIAN FRIED RICE WITH CHICKEN

Net weight 500g. | Use By: DD/MM/YYYY Batch: 151025

Ingredients: Basmati Rice (65%), Mixed Vegetables (20%) [Peas, Carrots, Corn, Green Beans], Onions, Vegetable Oil, Light Soy Sauce (*Soy*, *Wheat*), Scallions, Garlic, Ginger, , frozen prawns, chicken stock powder containing .

### Dietary information

May Contain: Celery, Mustard, Egg, Molluscs,

**Allergens: Contains: Soy, Gluten (Wheat), sulphites**

Storage: Store at -18°C. Do not refreeze once thawed. Keep refrigerated  $\leq 5^{\circ}\text{C}$ .

Once opened, consume within 2 days. Heating: Microwave (800W): heat

5-7mins, stir half way. Ensure food is piping hot ( $\geq 75^{\circ}\text{C}$ ).

### Nutrition (per 100g):

Energy: 139kcal | Fat: 3.5g (Sat: 0.4g) | Carb: 24g (Sugars: 2.8g) | Protein: 3.2g | Salt: 0.8g

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