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| Recipe | Allergens | | | | | | | | | | | | | |
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| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/Sulphites |
| Roasted Butternut Chickpea and Broccoli Buddha Bowl | | | | | | | ✓ | | | | | | | |
| <p>INGREDIENTS: Rice 1/2 Wholegrain. Long Grain Brown Rice. Basmati Rice. Vegetable Bouillion ; Salt Potato Starch Maltodextrin Sugar Yeast Extract Onion Powder Spices (Lovage Turmeric Black Pepper) Carrot Powder Garlic Powder Rapeseed Oil Antioxidant (Rosemary Extract) Colour (Plain Caramel) Flavouring Herb. Butternut Squash. Chickpeas In Water ; Chick Peas Water Antioxidant, Ascorbic Acid. Broccoli. Low Fat Natural Yogurt ; Skimmed (Milk) Skimmed (Milk) Powder Cultures. Rapeseed Oil ; Antifoam E900. Flat Leaf Parsley. Chipotle Rub ; Smoked Paprika Sugar Salt Chipotle Chilli(8%) Garlic Cumin Oregano Onion Coriander Chilli Black Pepper. Mint.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p> | | | | | | | | | | | | | | |

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Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen