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TFS - Vegetables Red Chard Fresh - Information

Warming carrot & red lentil soup, finished with fresh parsley from our local herb grower in Thirsk*.
*Subject to seasonal availability.

TFS Product Code: 014676
Suppliers Product Code:
Information Last Updated: 03/10/2019
Date Produced: 11/11/2026



Allergy Information

Key: Contains | May Contain

Gluten | Nuts | Celery | Sulphur Dioxide

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	48.00
Energy (kJ)	202.00
Protein (g)	1.80
Carb (g)	5.50
Of Which Sugars (g)	1.00
Fat (g)	1.90
Of Which Saturates (g)	0.90
Fibre (g)	0.90
Salt (g)	0.71

Dietary Information

Key: Suitable for

Kosher | Vegetarian | Halal | Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

Water, Carrot 25%, Onion, Red Split Lentils 6%, CELERY, Vegetable Bouillon [Salt, Potato Starch, Dried Vegetables (Celeriac (CELERY), Onion, Garlic, Tomato), Spices (CELERY, Turmeric, Black Pepper, Mace Nutmeg), Herbs (Lovage, Parsley)], Rapeseed Oil, Fresh Parsley, Garlic, Red Chilli, Ginger Purée, Lemon Juice, Ground Coriander, Ground Cumin, Black Pepper

Handling Information

Directions for Use

Richard's tip: serve with a fresh salsa made from sea salt, garlic, lemon juice, extra virgin olive oil and fresh parsley. COOKING GUIDELINES Cooking Instructions (General) Shake well before heating. Hob (From Chilled) Heat gently, stirring occasionally until piping hot. Please don't boil. Microwave (From Chilled) Remove lid and replace lightly: 750W 5 mins/850W 4 1/2 mins. Stir halfway through heating. Allow to stand for a minute or two. Careful, it's hot!

Storage Instructions

Keep refrigerated. Once opened eat within 2 days. Please don't reheat. Freeze on day of purchase and use within 1 month. Defrost thoroughly and stir well before heating. Use by: See lid.

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