

# Spiced Lentil Dahl (GF) (VG) MP5

Canonical:

<https://directory.benefitfood.com.au/food-beverages/ready-meals-prepared-foods/spiced-lentil-dahl-gf-vg-mp5/>

## Description:

This delicious vegan and gluten free dahl has loads of chunky pieces of baked tofu paired with five different vegetables, all hand chopped by our chefs. This meat-free meal uses anti-oxidant rich spices to elevate flavour and nutrition. Excellent source of dietary fibre Good source of protein Contains less than 500mg sodium per serve Low in saturated fat Gluten free Vegetarian and Vegan Chilli rating: 1 Contains 4-12 different vegetables Contains no artificial colours and flavour Heating & Storage Instructions Nutrition **INGREDIENTS:** Tofu, Red Lentils (11%), Broccoli, Cauliflower (Cauliflower, Turmeric), Mushroom, Diced Tomato (Tomato, Citric Acid), Onion, Faba Bean Protein, Coconut Milk, Vegetable Stock, Olive Oil, Gluten Free Soy Sauce, Garlic, Fresh Coriander, Cumin, Curry Powder, Turmeric, Ginger, Pink Salt, Garam Masala, Cinnamon, Chilli Powder. **Contains:** Soybeans **May Contain:** Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin