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 Company Registration Number:11930098

Cawl – Welsh Lamb Stew Mix

Product Code - KKCCWLS

Product Description - A stew mix with dried barley and dried vegetables including potato, onion, carrot, cabbage & Leek, flavoured with lamb stock.

Packaging - A certified home compostable 'NatureFlex' tube made from trees from sustainable forests. Label, GREEN cable tie and GREEN string

Servings per pack – 4

Minimum Weight of pack - 220g

Shelf Life – 3-12 months

Method - Brown 300g of diced lamb. Add contents of the packet mix into a casserole dish and add the lamb. Add 1500ml of cold water. Stir, cover and cook in a pre-heated oven at 200° (fan assisted 180) for 1 hour and 30 minutes.

Optional - sprinkle grated cheese on top and grill until brown.

Season to taste.

Ingredients - Dried **Barley** (23%), Dried Mixed Vegetables (14%) (Dehydrated potato, Preservative (Sodium Metabisulphite)), Onion, Carrot, Green and White Cabbage, Leek, Green Peas), Lamb Stock Powder (14%) Lamb Stock (Water, Lamb, Garlic, Onion, Tomato, Herb Extract), Glucose Syrup, Salt, Yeast Extracts, Flavourings, Sugar, Rapeseed Oil. Vegetable Bouillon (Salt, Modified Maize Starch, Rapeseed Oil, Sugar, Tomato Powder, Natural Flavouring, Yeast Extract (Yeast Extract, Salt, Acidity Regulator (Citric Acid)), Spinach Powder, Onion Powder, Spice Extract, Nutmeg, Acidity Regulator (Citric Acid), Dried Carrot, Dried Leeks (3%), Dried Parsley.

Nutritional Values per 100g uncooked.

Energy 1227kj / 291kcal, **Fat** <2g of which saturates 0.4g, **Carbohydrates** 49g of which sugars 14g, **Fibre** 11g, **Protein** 9g, **Salt** 5g

*Reference Intake of an average adult 8400kj/2000kcal

Ingredients key-

😊 = confirmed by supplier
 c = certified by supplier

Allergens - Identifies whether the ingredient contains any of the 14 known allergens.

Key-

GF – Gluten-Free V – Vegan
 K - Kosher H - Halal

Ingredient	Allergens	GF	V	K	H
Vegetable Bouillon	-	😊	😊	😊	😊
Parsley	-	😊	😊	😊 c	😊
Lamb Stock Powder		😊	-	-	-
Barley	Gluten	-	😊		
Dried Carrots		😊	😊	😊 c	😊
Dried Mixed Vegetables	Sulphite	😊	😊	😊	😊

Doc Ref No and name	Prepared by and for	Authorised by	Issue date	Issue no
KKCCWLS – Cawl – Welsh Lamb Stew Mix - Technical Information	Karen Turner for KKC	AT	APR 23	V1
Reason for amendment				

SUPER SIMPLE

Stew

By **KANDY KITCHEN CREATIONS**

Just add lamb and water

4 SERVES

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A stew mix with dried barley and dried vegetables including potato, onion, carrot, cabbage & leek, flavoured with lamb stock.

Ingredients: Dried Barley (23%), Dried Mixed Vegetables (14%) (Dehydrated potato, Preservative (Sodium Metabisulphite)), Onion, Carrot, Green and White Cabbage, Leek, Green Peas), Lamb Stock Powder (14%) Lamb Stock (Water, Lamb, Garlic, Onion, Tomato, Herb Extract), Glucose Syrup, Salt, Yeast Extracts, Flavourings, Sugar, Rapeseed Oil. Vegetable Bouillon (Salt, Modified Maize Starch, Rapeseed Oil, Sugar, Tomato Powder, Natural Flavouring, Yeast Extract (Yeast Extract, Salt, Acidity Regulator (Citric Acid)), Spinach Powder, Onion Powder, Spice Extract, Nutmeg, Acidity Regulator (Citric Acid), Dried Carrot, Dried Leeks (3%), Dried Parsley.

Min weight: 220g

Allergens: in bold.

Packaging: Home compostable plant-based tube.

Method: Brown 300g of diced lamb. Add contents of the packet mix into a casserole dish and add the lamb. Add 1500ml of cold water. Stir, cover and cook in a pre-heated oven at 200°C (fan assisted 180°C) for 1 hour and 30 minutes. Season to taste.

Optional - sprinkle grated cheese on top and grill until brown. Suitable for cooking in a slow cooker.

Handmade by Kandy Kitchen Creations Ltd
Unit 3C Moss Mill, Rochdale, OL16 5LB.
Co Reg No. 11930098.

Typical nutritional values for 100g (Values do not include diced lamb)

Energy	kJ	1227
	kcal	291
Fat		<2g
of which saturates		0.4g
Carbohydrate		49g
of which sugars		14g
Fibre		11g
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