

Food and Drink Specification


Item Number	692091	Country of Origin	UK
Product Name	Mindful Chef New Parents Vegan 7 Night Meal Bundle - Moroccan Chickpea Tagine with Tricolour Quinoa		
Brand Contact Address	Gazebo Fine Foods Ltd, 2, 4 Fourth Way, Wembley HA9 0LH		
Net Weight	1 per 400g		
Storage Instructions	Frozen		
Ingredients	Cooked Quinoa (25%) (Water, White Quinoa, Red Quinoa, Black Quinoa), Water, Chickpea (12%), Green Beans (10%), Tomatoes, Yellow Pepper (6%), Butternut Squash (4%), Aubergine (4%), Onion, Baby Spinach (2%), Tomato Paste, Apricots (apricots, Rice Flour), Harissa Paste (Red Pepper, Water, Dried Spice Mix (Paprika, Garlic, Cayenne, Cumin), Salt, Sunflower Oil, Grape Vinegar, Chilli), Sundried Tomatoes (Sundried Tomato, Salt), Rapeseed Oil, Parsley, Garlic Puree, Smoked Paprika, Cumin Powder, Salt, Black Pepper.		


Nutritional Information					
Typical Values		Per 100g		Per serving (if applicable)	
Energy		506kj/121kcal			
Fat (g)		5.6g			
Of which saturates (g)		2.6g			
Carbohydrates (g)		12.6g			
of which sugars (g)		1.9g			
Fibre (g)		2.7g			
Protein (g)		3.7g			
Salt (g)		0.65g			
Suitable for				This product contains...	
Vegetarians	✓	Wheat Allergies	✓	Alcohol	✗
Vegans	✓	Egg Allergies	✓	Artificial Flavours	✗
Freezing	✓	Dairy Allergies	✓	Artificial Colours	✗
Gluten Allergies	✓	Soya Allergies	✓		
Nut Allergies	✓				

Packaging Information	Safety Information
outer packaging can be recycled, ready meal tray can be but we are working on the film and pouch	Produced in a facility that handles cereals containing gluten, milk, other nuts and sesame.


Refund Policy


We can't offer refunds or exchanges on perishable goods such as flowers and food, unless faulty or not as described. This does not affect your statutory rights.


		<h1>Food and Drink Specification</h1>						
Item Number		692091		Country of Origin		UK		
Product Name		Mindful Chef New Parents Vegan 7 Night Meal Bundle - Cashew and Chickpea Korma with Black Rice						
Brand Contact Address		Gazebo Fine Foods Ltd, 2, 4 Fourth Way, Wembley HA9 0LH						
Net Weight		1 per 400g						
Storage Instructions		Frozen						
Ingredients		Black Rice (25%) (Water, Black Rice, Coriander, Salt), Chickpea (15%), Cauliflower (11%), Water, Coconut Milk (Coconut, Milk), Butternut Squash (6%), Onion Puree, Tomato, Green Bean (4%), Onion, Coconut Yogurt (3%) (Organic Coconut Milk (Organic Coconut, Water), Organic Tapioca Starch, Live Vegan Cultures), Cashew Nuts (1.6%), Rapeseed Oil, Coriander, Ginger Puree, Garlic Puree, Salt, Cumin Powder, Coriander Powder, Paprika, Garam Masala (Coriander, Cumin, Cinnamon, Ginger, Chilli Powder, Black Pepper, Clove, Nutmeg, Cardamom, Bay Leaf Powder), Turmeric, Mace Powder, Cardamom Powder, Chilli Powder.						
Nutritional Information								
Typical Values		Per 100g			Per serving (if applicable)			
Energy		506kj/121kcal						
Fat (g)		5.6g						
Of which saturates (g)		2.6g						
Carbohydrates (g)		12.6g						
of which sugars (g)		1.9g						
Fibre (g)		2.7g						
Protein (g)		3.7g						
Salt (g)		0.65g						
Suitable for					This product contains...			
Vegetarians		✓	Wheat Allergies		✓	Alcohol		X
Vegans		✓	Egg Allergies		✓	Artificial Flavours		X
Freezing		✓	Dairy Allergies		✓	Artificial Colours		X
Gluten Allergies		✓	Soya Allergies		✓			
Nut Allergies		X						
Packaging Information				Safety Information				
outer packaging can be recycled, ready meal tray can be but we are working on the film and pouch				Produced in a facility that handles cereals containing gluten, milk, other nuts and sesame.				
Refund Policy We can't offer refunds or exchanges on perishable goods such as flowers and food, unless faulty or not as described. This does not affect your statutory rights.								


		<h2>Food and Drink Specification</h2>						
Item Number		692091		Country of Origin		UK		
Product Name		Mindful Chef New Parents Vegan 7 Night Meal Bundle - Broccoli and Butternut Squash Dhal with Brown Rice						
Brand Contact Address		Gazebo Fine Foods Ltd, 2, 4 Fourth Way, Wembley HA9 0LH						
Net Weight		1 per 400g						
Storage Instructions		Frozen						
Ingredients		Gluten Free Oat Drink (Oat Base (Water, Oat), Sunflower Oil, Sea Salt, Vitamins (b2,b12, D2)), Butter Beans (18%), Cherry Tomato, Chestnut Mushroom (15%), Onion, Water, Coconut Yogurt (Organic Coconut Milk (organic Coconut, Water), Organic Tapioca Starch, Live Vegan Cultures), Almonds (Nuts) (3.4%), Kale (3%), Sundried Tomato (2.4%) (Sundried Tomato, Salt), Garlic Puree, Pumpkin Seeds (1.3%), Cornflour, Rapeseed Oil, Basil, Inactive Yeast, Mixed Herbs, White Pepper, Paprika						
Nutritional Information								
Typical Values		Per 100g			Per serving (if applicable)			
Energy		483kj/115kcal						
Fat (g)		4.5g						
Of which saturates (g)		2.6g						
Carbohydrates (g)		14.1g						
of which sugars (g)		1.9g						
Fibre (g)		2.0g						
Protein (g)		3.6g						
Salt (g)		0.54g						
Suitable for					This product contains...			
Vegetarians		✓	Wheat Allergies		✓	Alcohol		X
Vegans		✓	Egg Allergies		✓	Artificial Flavours		X
Freezing		✓	Dairy Allergies		✓	Artificial Colours		X
Gluten Allergies		✓	Soya Allergies		✓			
Nut Allergies		X						
Packaging Information				Safety Information				
outer packaging can be recycled, ready meal tray can be but we are working on the film and pouch				Produced in a facility that handles cereals containing gluten, milk, other nuts and sesame.				
Refund Policy We can't offer refunds or exchanges on perishable goods such as flowers and food, unless faulty or not as described. This does not affect your statutory rights.								

		<h1>Food and Drink Specification</h1>						
Item Number		692091		Country of Origin		UK		
Product Name		Mindful Chef New Parents Vegan 7 Night Meal Bundle - Saag Chana Masala with Butternut Squash and Brown Rice						
Brand Contact Address		Gazebo Fine Foods Ltd, 2, 4 Fourth Way, Wembley HA9 0LH						
Net Weight		1 per 400g						
Storage Instructions		Frozen						
Ingredients		Brown Rice (25%) (Water, Brown Rice, Coriander, Salt), Chick Pea (16%), Spinach (11%), Water, Tomato, Butternut Squash (9%), Coconut Milk (Coconut Extract, Water), Onion Puree, Cashew Nuts, Channa Masala Seasoning (Black Salt, Coriander, Mango Powder, Garlic Powder, Cumin, Ginger, Cassia, Black Pepper, Clove, Chilli Powder, Cardamom Green, Nutmeg, Mustard Powder, Whole Caraway Seeds, Asafoetida), Garlic Puree, Tomato Paste, Coriander, Rapeseed Oil, Ginger Puree, Lemon Juice, Green Chilli Puree, Cumin Seed, Salt, Paprika Powder, Coriander Powder, Cumin Powder, Turmeric, Chilli Powder.						
Nutritional Information								
Typical Values		Per 100g			Per serving (if applicable)			
Energy		449kj/107kcal						
Fat (g)		4.1g						
Of which saturates (g)		1.7g						
Carbohydrates (g)		13.1g						
of which sugars (g)		1.9g						
Fibre (g)		2.7g						
Protein (g)		3.4g						
Salt (g)		0.58g						
Suitable for					This product contains...			
Vegetarians		✓	Wheat Allergies		✓	Alcohol		X
Vegans		✓	Egg Allergies		✓	Artificial Flavours		X
Freezing		✓	Dairy Allergies		✓	Artificial Colours		X
Gluten Allergies		✓	Soya Allergies		✓			
Nut Allergies		X						
Packaging Information				Safety Information				
outer packaging can be recycled, ready meal tray can be but we are working on the film and pouch				Produced in a facility that handles cereals containing gluten, milk, other nuts and sesame.				
Refund Policy We can't offer refunds or exchanges on perishable goods such as flowers and food, unless faulty or not as described. This does not affect your statutory rights.								

		<h1>Food and Drink Specification</h1>						
Item Number		692091		Country of Origin		UK		
Product Name		Mindful Chef New Parents Vegan 7 Night Meal Bundle - Butter Bean and Mushroom Bake						
Brand Contact Address		Gazebo Fine Foods Ltd, 2, 4 Fourth Way, Wembley HA9 0LH						
Net Weight		1 per 400g						
Storage Instructions		Frozen						
Ingredients		Gluten Free Oat Drink (Oat Base (Water, Oat), Sunflower Oil, Sea Salt, Vitamins (b2,b12, D2)), Butter Beans (18%), Cherry Tomato, Chestnut Mushroom (15%), Onion, Water, Coconut Yogurt (Organic Coconut Milk (organic Coconut, Water), Organic Tapioca Starch, Live Vegan Cultures), Almonds (Nuts) (3.4%), Kale (3%), Sundried Tomato (2.4%) (Sundried Tomato, Salt), Garlic Puree, Pumpkin Seeds (1.3%), Cornflour, Rapeseed Oil, Basil, Inactive Yeast, Mixed Herbs, White Pepper, Paprika						
Nutritional Information								
Typical Values		Per 100g			Per serving (if applicable)			
Energy		446kj/107kcal						
Fat (g)		5.9g						
Of which saturates (g)		1.5g						
Carbohydrates (g)		8.4g						
of which sugars (g)		3.6g						
Fibre (g)		3.0g						
Protein (g)		4.0g						
Salt (g)		0.48g						
Suitable for					This product contains...			
Vegetarians		✓	Wheat Allergies		✓	Alcohol		X
Vegans		✓	Egg Allergies		✓	Artificial Flavours		X
Freezing		✓	Dairy Allergies		✓	Artificial Colours		X
Gluten Allergies		✓	Soya Allergies		✓			
Nut Allergies		X						
Packaging Information				Safety Information				
outer packaging can be recycled, ready meal tray can be but we are working on the film and pouch				Produced in a facility that handles cereals containing gluten, milk, other nuts and sesame.				
Refund Policy We can't offer refunds or exchanges on perishable goods such as flowers and food, unless faulty or not as described. This does not affect your statutory rights.								

		<h2>Food and Drink Specification</h2>						
Item Number		692091		Country of Origin		UK		
Product Name		Mindful Chef New Parents Vegan 7 Night Meal Bundle - Aubergine Moussaka with Lentils						
Brand Contact Address		Gazebo Fine Foods Ltd, 2, 4 Fourth Way, Wembley HA9 0LH						
Net Weight		1 per 400g						
Storage Instructions		Frozen						
Ingredients		Cooked Lentils (15%) (Lentil, Water), Tomato (15%), Water, Grill Roasted Aubergine (10%), Onion, Red Pepper, Coconut Yogurt (10%) (Organic Coconut Milk (Organic Coconut, Water), Organic Tapioca Starch, Live Vegan Cultures), Cannellini Beans (9%), Baby Spinach (2.5%), Tomato Paste, Rapeseed Oil, Garlic Puree, Sundried Tomato Paste (Rehydrated Sundried Tomato, Sunflower Oil), Parsley, Salt, Inactive Yeast, Oregano, Black Pepper, Cinnamon Powder, Nutmeg Powder.						
Nutritional Information								
Typical Values		Per 100g			Per serving (if applicable)			
Energy		374kj/90kcal						
Fat (g)		4.2g						
Of which saturates (g)		2.1g						
Carbohydrates (g)		8.9g						
of which sugars (g)		3.4g						
Fibre (g)		3.6g						
Protein (g)		3.8g						
Salt (g)		0.56g						
Suitable for					This product contains...			
Vegetarians		✓	Wheat Allergies		✓	Alcohol		X
Vegans		✓	Egg Allergies		✓	Artificial Flavours		X
Freezing		✓	Dairy Allergies		✓	Artificial Colours		X
Gluten Allergies		✓	Soya Allergies		✓			
Nut Allergies		✓						
Packaging Information				Safety Information				
outer packaging can be recycled, ready meal tray can be but we are working on the film and pouch				Produced in a facility that handles cereals containing gluten, milk, other nuts and sesame.				
Refund Policy We can't offer refunds or exchanges on perishable goods such as flowers and food, unless faulty or not as described. This does not affect your statutory rights.								

		<h2>Food and Drink Specification</h2>						
Item Number		692091		Country of Origin		UK		
Product Name		Mindful Chef New Parents 7 Night Meal Bundle - Date and Nut Tart						
Brand Contact Address		Gazebo Fine Foods Ltd, 2, 4 Fourth Way, Wembley HA9 0LH						
Net Weight		2 x 90g = 180g						
Storage Instructions		Frozen						
Ingredients		Chopped Dates (33%) (Dates, Rice Flour), Coconut Oil, Almond Drink (Nuts) (Water, Almonds (Nuts)), Buckwheat Flour, Maple Syrup, Hazelnut (6%), Nibbed Pistachio (Nuts) (5%), Walnut (3%) Ground Almond (Nuts) (3%), Cashew Pieces (Nuts) (3%).						
Nutritional Information								
Typical Values			Per 100g			Per serving (if applicable)		
Energy			1841kj/442kcal					
Fat (g)			28.5g					
Of which saturates (g)			15.5g					
Carbohydrates (g)			38.3g					
of which sugars (g)			29.3g					
Fibre (g)			3.2g					
Protein (g)			6.6g					
Salt (g)			0.03g					
Suitable for						This product contains...		
Vegetarians		✓	Wheat Allergies		✓	Alcohol		✗
Vegans		✓	Egg Allergies		✓	Artificial Flavours		✗
Freezing		✓	Dairy Allergies		✗	Artificial Colours		✗
Gluten Allergies		✓	Soya Allergies		✓			
Nut Allergies		✗						
Packaging Information					Safety Information			
yes, cardboard packaging					Produced in a facility that handles cereals containing gluten, milk, other nuts and sesame.			
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		<h2>Food and Drink Specification</h2>						
Item Number		692091		Country of Origin		UK		
Product Name		Mindful Chef New Parents Vegan 7 Night Meal Bundle - Sunflower Mince Bolognese						
Brand Contact Address		Gazebo Fine Foods Ltd, 2, 4 Fourth Way, Wembley HA9 0LH						
Net Weight		1 per 400g						
Storage Instructions		Frozen						
Ingredients		Sweet Potato Mash (40%) (Sweet Potato, Water, Parsley, Coconut Milk (Coconut, Water), Black Pepper), Water, Tomato (10%), Cherry Tomato (6%), Red Pepper (4.8%), Onion, Sunflower Protein (2.4%), Sundried Tomato (sundried Tomato, Salt), Baby Spinach (2%), Tomato Paste, Pine Nuts, Rapeseed Oil, Garlic Puree, Parsley, Cornflour, Salt, Vegetable Stock (Yeast Extract Powder (Dried Yeast Extract, Salt), Garlic Powder, Onion Powder), Paprika, Mixed Herbs, Black Pepper						
Nutritional Information								
Typical Values		Per 100g			Per serving (if applicable)			
Energy		333kj/79kcal						
Fat (g)		2.5g						
Of which saturates (g)		0.5g						
Carbohydrates (g)		10.4g						
of which sugars (g)		5.4g						
Fibre (g)		2.4g						
Protein (g)		2.9g						
Salt (g)		0.66g						
Suitable for					This product contains...			
Vegetarians		✓	Wheat Allergies		✓	Alcohol		X
Vegans		✓	Egg Allergies		✓	Artificial Flavours		X
Freezing		✓	Dairy Allergies		✓	Artificial Colours		X
Gluten Allergies		✓	Soya Allergies		✓			
Nut Allergies		X						
Packaging Information				Safety Information				
outer packaging can be recycled, ready meal tray can be but we are working on the film and pouch				Produced in a facility that handles cereals containing gluten, milk, other nuts and sesame.				
Refund Policy We can't offer refunds or exchanges on perishable goods such as flowers and food, unless faulty or not as described. This does not affect your statutory rights.								