

ALADIN'S

By Tanveer Ahmed

Where **Taste** Matters

Keto friendly

Zero Sugar

Low Carb



حلال

A range of Aladin's recipes

www.aladinfoods.co.uk

KARACHI MUTTON NIHARI

Boneless mutton, stewed in whole ground herbs & spices, cooked in special rich sauce

Ingredients

Mutton (45%), self raising flour (**wheat** flour, calcium carbonate, iron, niacin, thiamine), mixed spices (red chilli, salt, paprika, dried ginger, dry coriander, cumin powder), water, garlic, ginger & rapeseed oil.

Allergy Advice

For allergens, including cereals containing gluten, see ingredients in bold.

Cooking Guidelines

The following are guidelines only. Some appliances may vary.

- **HOB:** Empty contents into saucepan. Heat gently, stirring occasionally until hot throughout. Do not allow to boil. Do not re-heat.
- **MICROWAVE: (850W):** Empty contents into a non-metallic bowl, cover and vent. Heat for 3 to 4 minutes, stirring halfway. Check the food is piping hot, stir well and serve. Do not re-heat. Select appropriate times for your microwave. Heating times must be adjusted to suit different power.

Caution: Take care when removing cover as hot steam will release

Storage

Store in cool dry place. Once opened, store in a non-metallic container in refrigerator. Use within 2 days.

Nutritional Information

	Typical values per	100g	200g
Energy	kJ	958	1916
	kcal	230	460
Fat	g	12	24
of which Saturates	g	3.3	6.6
Carbohydrates	g	13	26
of which Sugars	g	0	0
Protein	g	13	26
Salt	g	0.59	1.19

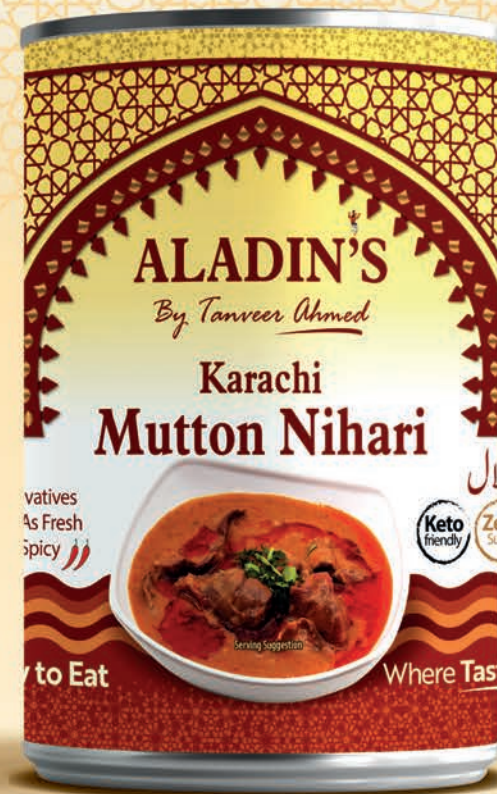
No Preservatives
No Colouring
As Good As Fresh
Medium Spicy 

Ready to Eat

حلال

Produced in the UK

Made using British meat & chicken



400g e



Serving Suggestion



Where **Taste** Matters

KARACHI CHICKEN NIHARI

Chicken breast, stewed in whole ground herbs & spices, cooked in special rich sauce

Ingredients

Chicken breast (45%), self raising flour (**wheat** flour, calcium carbonate, iron, niacin, thiamine), mixed spices (red chilli, salt, paprika, dried ginger, dry coriander, cumin powder), water, garlic, ginger & rapeseed oil.

Allergy Advice

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Cooking Guidelines

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Caution: Take care when removing cover as hot steam will release

Storage

Store in cool dry place. Once opened, store in a non-metallic container in refrigerator. Use within 2 days.

Nutritional Information

	Typical values per	100g	200g
Energy	kJ	880	1760
	kcal	210	420
Fat	g	8.3	16.6
of which Saturates	g	1.0	2.0
Carbohydrates	g	13	2.6
of which Sugars	g	0	0
Protein	g	17	34
Salt	g	0.59	1.18

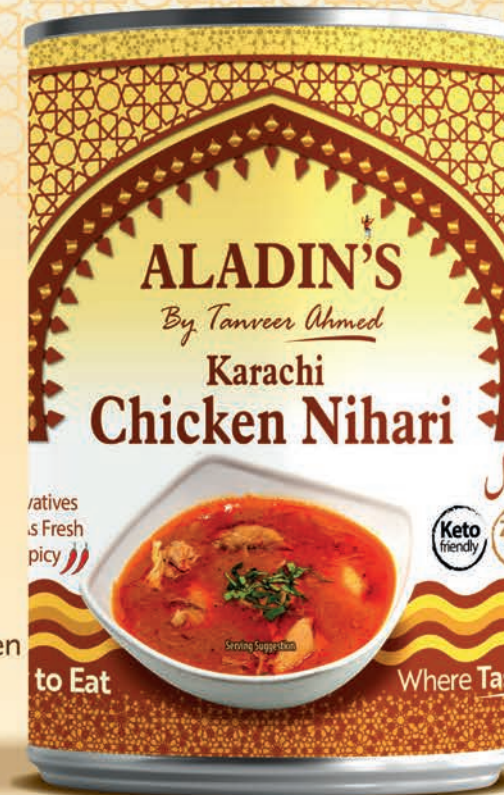
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Where **Taste** Matters

MUTTON HALEEM

Shredded meat, cooked with fresh herbs, whole ground spices & mixed lentils

Ingredients

Chicken breast (45%), self raising flour (**wheat** flour, calcium carbonate, iron, niacin, thiamine), mixed spices (red chilli, salt, paprika, dried ginger, dry coriander, cumin powder), water, garlic, ginger & rapeseed oil.

Allergy Advice

For allergens, including cereals containing gluten, see ingredients in bold.

Cooking Guidelines

The following are guidelines only. Some appliances may vary.

- **HOB:** Empty contents into saucepan. Heat gently, stirring occasionally until hot throughout. Do not allow to boil. Do not re-heat.
- **MICROWAVE: (850W):** Empty contents into a non-metallic bowl, cover and vent. Heat for 3 to 4 minutes, stirring halfway. Check the food is piping hot, stir well and serve. Do not re-heat. Select appropriate times for your microwave. Heating times must be adjusted to suit different power.

Caution: Take care when removing cover as hot steam will release

Storage

Store in cool dry place. Once opened, store in a non-metallic container in refrigerator. Use within 2 days.

Nutritional Information

	Typical values per	100g	200g
Energy			
	kJ	880	1760
	kcal	210	420
Fat	g	8.3	16.6
of which Saturates	g	1.0	2.0
Carbohydrates	g	13	2.6
of which Sugars	g	0	0
Protein	g	17	34
Salt	g	0.59	1.18

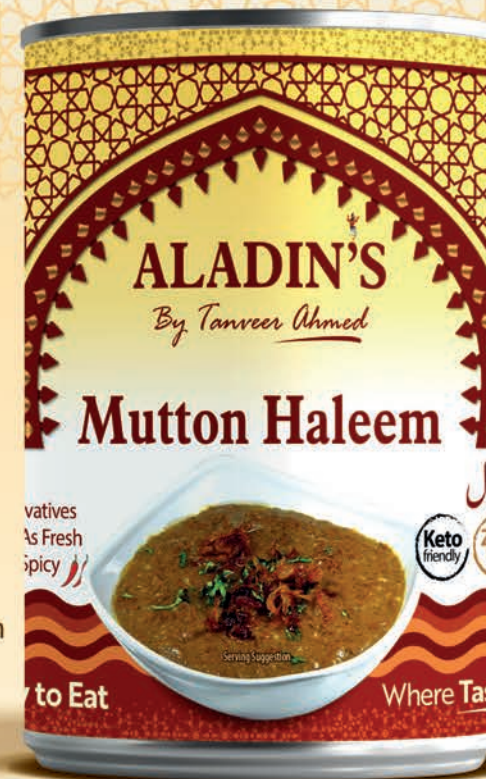
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Where **Taste** Matters

CHICKEN HALEEM

Shredded meat, cooked with fresh herbs, whole ground spices & mixed lentils

Ingredients

Chicken breast (36%), mixed lentils, **wheat & barley**, mixed spices (red chilli, salt, turmeric, curry leaf, bay leaf, dried ginger, dried garlic, dried onion, dry coriander, nigella, green cardamom, black cumin, cumin powder, clove, **soy** protein, cane sugar), vegetable ghee, onions, garlic, ginger & water

Allergy Advice

For allergens, including cereals containing gluten, see ingredients in bold.

Cooking Guidelines

The following are guidelines only. Some appliances may vary.

- **HOB:** Empty contents into saucepan. Heat gently, stirring occasionally until hot throughout. Do not allow to boil. Do not re-heat.
- **MICROWAVE: (850W):** Empty contents into a non-metallic bowl, cover and vent. Heat for 3 to 4 minutes, stirring halfway. Check the food is piping hot, stir well and serve. Do not re-heat. Select appropriate times for your microwave. Heating times must be adjusted to suit different power.

Caution: Take care when removing cover as hot steam will release

Storage

Store in cool dry place. Once opened, store in a non-metallic container in refrigerator. Use within 2 days.

Nutritional Information

	Typical values per	100g	200g
Energy			
	kJ	550	1100
	kcal	130	260
Fat	g	3.3	6.6
of which Saturates	g	1.1	2.2
Carbohydrates	g	7.6	15.2
of which Sugars	g	0	0
Protein	g	16	32
Salt	g	0.40	0.80

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400g e



Serving Suggestion



Where **Taste** Matters

CHICKEN KARAHI

Chicken breast cooked with fresh tomatoes

Ingredients

Chicken breast (36%), mixed lentils, **wheat & barley**, mixed spices (red chilli, salt, turmeric, curry leaf, bay leaf, dried ginger, dried garlic, dried onion, dry coriander, nigella, green cardamom, black cumin, cumin powder, clove, **soy** protein, cane sugar), vegetable ghee, onions, garlic, ginger & water

Allergy Advice

For allergens, including cereals containing gluten, see ingredients in bold.

Cooking Guidelines

The following are guidelines only. Some appliances may vary.

- **HOB:** Empty contents into saucepan. Heat gently, stirring occasionally until hot throughout. Do not allow to boil. Do not re-heat.
- **MICROWAVE: (850W):** Empty contents into a non-metallic bowl, cover and vent. Heat for 3 to 4 minutes, stirring halfway. Check the food is piping hot, stir well and serve. Do not re-heat. Select appropriate times for your microwave. Heating times must be adjusted to suit different power.

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Storage

Store in cool dry place. Once opened, store in a non-metallic container in refrigerator. Use within 2 days.

Nutritional Information

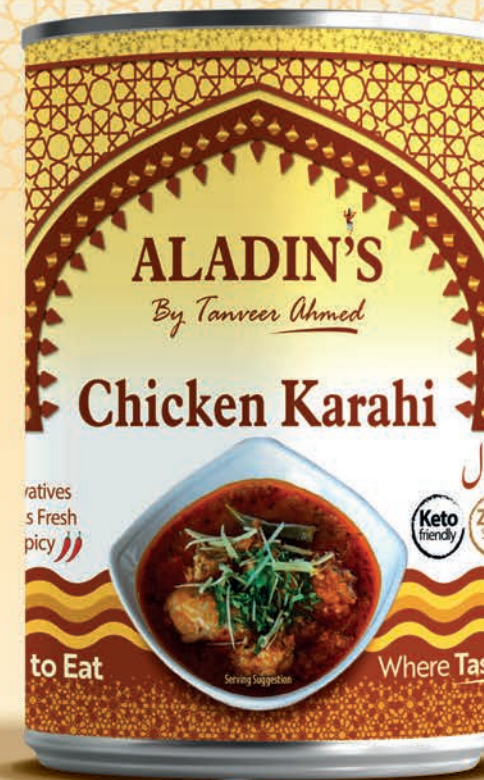
	Typical values per	100g	200g
Energy			
	kJ	322	644
	kcal	77	154
Fat	g	2.1	4.2
of which Saturates	g	0.2	0.4
Carbohydrates	g	2.8	5.6
of which Sugars	g	2.0	4
Protein	g	11	22
Salt	g	0.12	0.24

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Where **Taste** Matters

LAHORI CHANA MASALA

Chickpeas cooked in thick gravy with curd

Ingredients

Chick peas (36%), onions, tomatoes, low fat yogurt **[Milk]**, mixed spices (red chilli, salt, dried coriander, turmeric, cumin powder, dried garlic and dried ginger, black pepper, clove, cinnamon, cardamom, ground nigella indica, fenugreek powder), garlic, ginger & rapeseed oil.

Allergy Advice

For allergens, including cereals containing gluten, see ingredients in bold.

Cooking Guidelines

The following are guidelines only. Some appliances may vary.

- **HOB:** Empty contents into saucepan. Heat gently, stirring occasionally until hot throughout. Do not allow to boil. Do not re-heat.
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Caution: Take care when removing cover as hot steam will release

Storage

Store in cool dry place. Once opened, store in a non-metallic container in refrigerator. Use within 2 days.

Nutritional Information

	Typical values per	100g	200g
Energy		1088	2176
	kcal	210	260
Fat	g	8.3	11.3
of which Saturates	g	1.0	1.0
Carbohydrates	g	13	22
of which Sugars	g	0	7.2
Protein	g	12	19.6
Salt	g	0.59	0.26

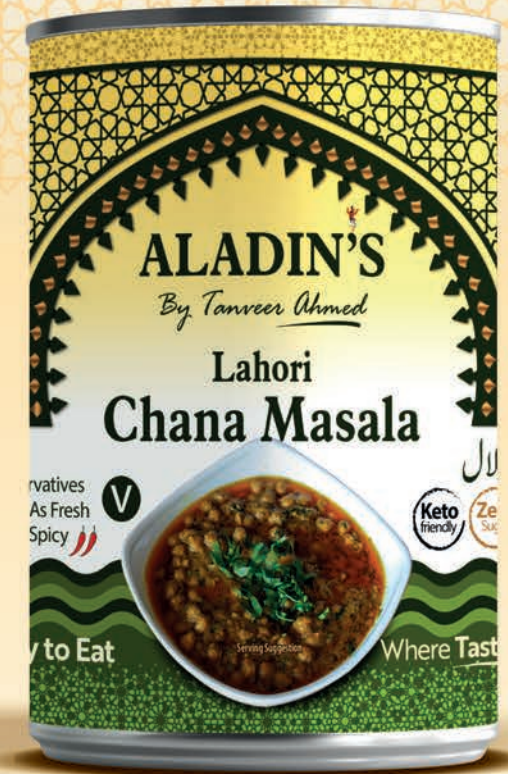
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