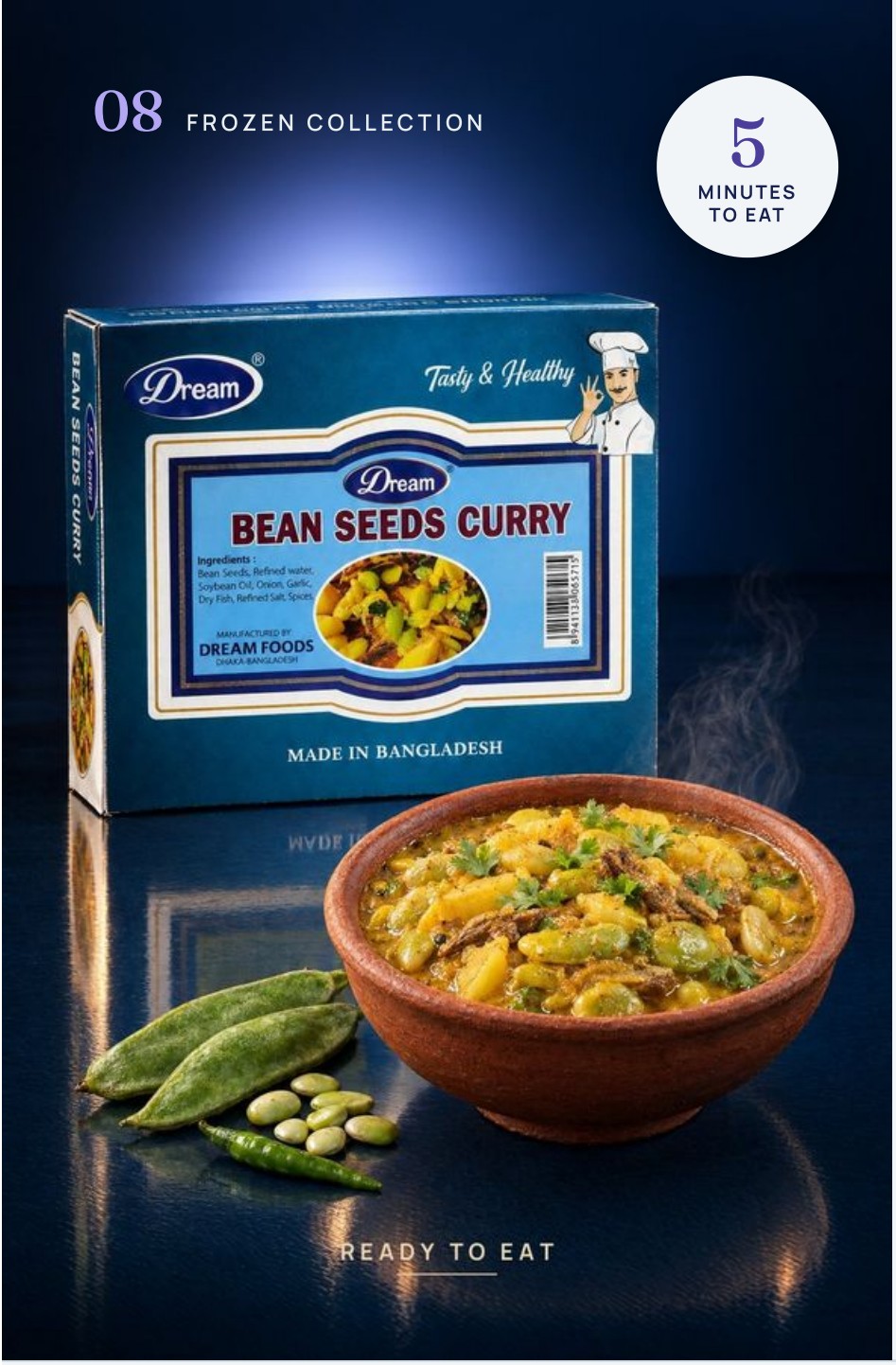
5 MINUTES TO EAT



CODE DF-208 — ✻ READY MEAL

Bean Seeds Curry

শিমের বিচি | كاري بذور الفاصوليا

Tender bean seeds (sheemer bichi) cooked the traditional Bengali way with onion, garlic and a touch of dry fish (shutki) for deep, savoury flavour. Fully cooked and frozen, so it is **ready to eat in about 5 minutes**.

- **Fully cooked** — ready to eat
- **Quick to heat** — microwave or stove
- **Keep frozen** — at −18 °C or below

INGREDIENTS

Bean seeds, water, soybean oil, onion, garlic, dry fish, salt and spices.

Tip: keep the lid on when heating in the microwave.

NET WEIGHT	PACK	SHELF LIFE	CARTON (MC)
400 g	Box, 1 meal	24 months	30 boxes

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