400 GRAMS READY MEAL



CODE DF-210 — ✻ READY MEAL

Lal Shak Vuna

লাল শাক ভুনা | سبانخ أحمر مطبوخ

Tender red amaranth (lal shak) slow-cooked into a rich, glossy vuna with garlic and green chilli, a vibrant Bengali home favourite. 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

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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