

The Levantine Table Aromatic Lamb with Chickpeas and Aubergines

CMR Ref: 210024 1-4

Price: £3.99

Weight / Volume: 350g

Overall Product
Rating: Taste Test

34

Score out of 50
Average for the category: 34

Key Drivers of Performance



Want to know more about the sales potential of this product?
Email foodfax@cambridgemr.com or call 01223 492050 for the full report on what drives consumer ratings.

Reviewer Ratings - Tried & Tested by People like you...



All Reviewers



3.43

54 Reviewers

out of 5



Fans



3.83

23 Reviewers

out of 5

Regular buyers of this type of product

Reviewer Comments



17%

Delicious and very different from most prepared meals

Love! a nice treat, doesn't taste like a ready meal

Delicious, flavoursome lamb dish. Tender minced lamb with whole chickpeas and chunky aubergine.



33%

Very fresh and tasty, good quality tomato sauce.

Tasty easy meal for midweek

Nice tasty dish, ideal to share.



31%

Quite a different type of fish quick and easy to make

Quite tasty but nothing too special and very expensive for what it is. Would only buy on special offer.

Some big chunks of veg were a bit chewy

Only gave it average because it wasn't for me



13%

Smells delicious, taste does not match up to smell. Quite bland and texture is all too soft. Very expensive.

Too expensive very watery

Large lump of gristle, very greasy, was almost all pulp, no chunks of meat



6%

* Reported verbatim as made by our reviewers

Ingredients

Tomato, aubergine (23%), minced lamb (22%), onion, chickpeas (8%), tomato paste, rapeseed oil, chopped mint, garlic purée, salt, chopped parsley, sumac, smoked paprika, cumin, cinnamon

Nutrition per 100 g/ml

Energy (Kcal)	Total Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
166	12.5	3.2	5.4	3.2	2.1	6.8	0.54

Recommended Daily Allowance (%)

Energy (Kcal)	Total Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
8%	18%	16%	2%	4%	9%	14%	9%

Organic



Fairtrade



Gluten Free



Vegetarian



Vegan



Daily Intake percentages are based on the requirements for an average female with no special dietary requirements and an assumed energy intake of 2000 kcal.