



## **Vegetarian Menu**

### **Starter ~ Vegetable Pakoras**

Onion, cabbage and carrot mix coated in a gram flour batter and lightly spiced before frying. Served with tamarind chutney, cucumber and mint raita, lettuce and pomegranate seeds and a lemon wedge  
(contains: soya)

### **Main ~ Aloo Gajar**

Chunky potatoes and carrots cooked in a tomato base flavoured with punjabi spices

### **Side ~ Channa Masala**

Chickpeas cooked in a rich tangy tomato based sauce, flavoured with ground cumin and tangy mango powder.

### **Rice ~ Jeera Rice**

Fluffy basmati rice finished with fried cumin seeds

### **Bread ~ Garlic and Coriander Flatbread**

A crispy and fluffy flatbread, brushed with crushed roasted garlic and sprinkled with coriander.  
(gluten)

### **Dessert ~ Beetroot Halwa**

Beetroot version of our carrot pudding, grated beetroot cooked with cashew cream, cardamom and sugar, finished with nuts  
(nuts)

**\*\*\*Gluten free bread available, please email us to order\*\*\***

#### **ALLERGENS**

Produced in a home kitchen handling all 14 allergens. Please contact us in advance of ordering if you have any allergies or intolerances you wish to discuss. [lockdowndhaba@gmail.com](mailto:lockdowndhaba@gmail.com)

See our hygiene rating here:

<https://ratings.food.gov.uk/business/1283856/lockdown-dhaba>



## Reheating Instructions

### **STEP ONE**

Preheat your oven to 200 degrees

### **STEP TWO**

Remove the lids from the starter, main and side dish and reheat them in the oven for 15-20 minutes or until piping hot

### **STEP THREE - SERVING YOUR STARTERS**

Serve the pakoras on top of your salad, drizzled with chutneys or dip in as you prefer

### **STEP FOUR**

For the last 5 mins of the main and side in the oven, place the flatbread (still in the foil), into the oven. Remove the lid and heat your rice in a microwave (about 3 minutes) or stir fry on a high heat.

### **STEP FIVE**

Stir your main and side and check they are piping hot before removing from the oven. If you want to leave them for longer, cover the tubs to prevent them from drying out. Open the foil to let your bread crisp up

### **STEP SIX - Serving Your Main**

The main, side dish and rice can be taken to the table in the pots so you can self-serve, or be plated up. For a proper Punjabi meal, serve with a dollop of yogurt and bread on the side.

### **STEP SEVEN - Serving Your Dessert**

Your dessert is ready to eat cold.

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## Alternative Reheating Options

All dishes can be microwaved, or heated on the hob if you prefer. If using the microwave, please remove the lids from the packaging and take the breads out of the foil; keep the bread wrapped once reheated to keep them soft and prevent them drying out.

## Our ingredients and packaging

Our ingredients are all sourced from an Indian grocery store in Wolverhampton that our family have used for many years.

Our packaging is provided mainly by vegware, it is made from recycled materials and is commercially compostable. Please **dispose of it in your general household waste** where it will compost down over time.

You can find out more here:

<https://www.vegware.com/uk-en/page/faq/>

Sometimes we use foil trays - these should be cleaned and recycled with your household recycling.

Your carrier bag can be used as a food caddy liner or home composted.

**Enjoyed your dinner? Please spread the word and share your pics with us on Instagram or Facebook, we are @lockdowndhaba**

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