



Instant Delights Tomato Stew

Ingredients: Tomato (70%), Onion, Oil, Chilli, Ginger, Garlic, Spices and E220

Serving suggestion: Ready to Eat

storage: Keep Refrigerated after opening and consume within 7 days

ALLERGY WARNING: May Contain Traces of Fish as produces Fish products. Contains Celery

Suitable for Vegetarians

Instant Delights Stew An authentic African recipe, specially prepared for you , with fresh African spices for that rich, tasty tomato stew

We call it the back up plan. You should always have it in your cupboard

You can use Instant Delights Tomato Stew as the base for all your cooking.

Check the [recipe](#) page for some amazing recipes. The most popular is Jollof Rice in minutes!

