Product information

Ebun Christmas Hamper · six West African favourites · packed by hand in Banbury, Oxfordshire

Ebun

Contains Wheat (gluten) · Eggs · Milk · Soya · Peanuts · Crustaceans (shrimp) · Celery

May contain Nuts · Molluscs · Sesame · Mustard

Every item arrives sealed in its maker's original packaging, and we never open or repack anything. Recipes can change, so always check the label on each pack before eating.

Item by item

Item	Contains	May contain	Suitable for	Once opened	Made in
Chin Chin	**Wheat, eggs, milk, soya**	Nuts	Not vegan	Store in a cool, dry place	UK
Plantain Chips, 60g	None of the 14 major allergens	No traces of nuts or seeds	Vegans; certified gluten free	Squeeze out the air and reseal, or use an airtight container	Colombia
Coconut Peanuts, 165g	**Peanuts, wheat**	None listed	Vegetarians and vegans	Keep tightly closed; eat within 1 week	Supplied by Specialist Foods, London
Jollof Rice, 250g	**Celery**	Nuts, peanuts, soya, sesame, mustard (same facility)	Vegetarians and vegans	If not heated, refrigerate; use within 3 days	India
Shito, Mild, 160g	**Crustaceans (shrimp)**	Molluscs, soya, milk, peanuts	Not vegetarian	Refrigerate; use within 21 days	UK
Nigerian Fanta, 50cl	Orange soft drink in a glass bottle. See the bottle label. Serve ice cold.				

Ingredients (allergens in bold)

Chin Chin — **Wheat** flour (**wheat** flour, calcium, iron, niacin, thiamin), sugar, vegetable fat spread (water, rapeseed oil, palm oil, reconstituted butter**milk**, salt, emulsifiers: mono- and diglycerides of fatty acids and sunflower lecithin, stabiliser: sodium alginate, preservative: potassium sorbate, lactic acid, flavourings, colours: carotenes, vitamins A and D), **egg**, skimmed **milk** powder, nutmeg, salt, **soya** bean oil. Produced in a factory that also handles nuts.

Plantain Chips — Sweet plantain, a combination of refined vegetable oils (palm and soybean).

Coconut Peanuts — **Peanuts** (53%), **wheat** flour, sugar, coconut cream (3%), salt.

Jollof Rice — Cooked rice (78.43%), tomato paste (5.88%), onion (3.92%), red peppers (3.92%), sunflower oil, seasoning (salt, sugar, dehydrated vegetable powder (onion, mushroom), yeast extract powder, herbs (**celery**, chives)), smoked paprika, green peppers, ginger.

Shito, Mild — Onion, sunflower oil, smoked **shrimp** powder, tomatoes, chilli powder, salt, ginger, dried red chillies, salt, garlic powder, ground coriander, aniseed, rosemary, flavour enhancer: monosodium glutamate, preservative: potassium sorbate.

Nutrition per 100g

Item	Energy (kcal)	Fat (g)	Saturates (g)	Carbs (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Chin Chin	519	26	4.4	52	17	2.0	7.3	0.17
Plantain Chips	491	22	7.47	71	32	4.73	2.12	0
Coconut Peanuts	533	31.7	11.9	44	17.3	2	17	1.5
Jollof Rice	168	1.7	0.9	33	2.4	0.9	5.1	0.74
Shito, Mild	403	42	5.0	4.4	3.3	2.0	2.9	1.4

How to cook the jollof

Squeeze the pouch gently to separate the rice, tear the top corner slightly open, stand it upright in the microwave and heat on full power for 90 seconds. Stir before serving. The shito says mild but still has a kick, so start with a little.

Ebun is the trading name of Joseph Adebogun, sole trader. Registered food business with Cherwell District Council, ref M2NFTS-DJZHHD-FE89G2. 8 Princethorpe Drive, Banbury, Oxfordshire.

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Best-before dates are on each pack.