



**EST 1993**

**Delectable & Nutritious Items Using  
Innovation & Constant  
Innovative work  
Endeavors**



**BANGARA**

**BANGARA ENTERPRISE**

# CONTENTS

- About Us
- Shredded Coconut 400gm
- Fresh Coconut Slices 400gm
- Veg Roasted Chicken 250gm
- Veg Roasted Chicken 500gm
- Veg Roasted Chicken 1 Kg
- Vegetarian Spicy Soya Chunks 500gm
- Spicy Soya Chunks Recipe
- Vegetarian Lamb 250gm
- Vegetarian Lamb 500gm
- Vegetarian Fish Fillet 250gm
- Vegetarian Tandoori Chicken 250gm
- Vegetarian Chicken Nuggets 500gm
- Vegetarian Chicken Nuggets 250gm
- Vegetarian Sausages 500gm
- Fresh Frozen Peeled Garlic 400gm



A Legacy built over Years of Expertise

Since 1993, Bangara Enterprise has observed a need of specific Indian frozen products in the global market and worked to sustain in the field of true to our original mission to quality & safety standards of frozen to the Australian and Global food industry.

As a full-service Indian food frozen manufacturer, we expertly source top quality ingredients from India and nearby countries while maintaining our rigorous standards of safety and quality by processing and manufacturing in our modern facility in Malaysia.

We build trust and relationship with our suppliers and end customers, and apply our experience and expertise to every step of the process, providing value added goods to our customers and white label them according to requirements. We experiment new blends and flavours in our onsite research and development laboratory and test kitchen to evolve with time to time.

We take great pride knowing that our products have enhanced the flavour of food consumed by millions of people.



# Shredded Coconut 400gm

Shredded coconut is sourced from the highest grade coconuts in the world. It is the fresh meat of the coconut finely shredded for your convenience. No artificial sweeteners, flavours or no preservatives have been added.

**INGREDIENTS** Coconut

## NUTRITION INFORMATION

Servings per package: 5

Serving size: 80 g

	Quantity per serving	Quantity per 100g
Energy	1030 kJ	1290 kJ
Protein	2.7 g	3.4 g
Fat, total	24.1 g	30.1 g
- saturated	19.3 g	24.1 g
Carbohydrate, total	2.7 g	3.4 g
- sugars	2.5 g	3.1 g
Sodium	8 mg	10 mg

# Fresh Coconut Slices 400gm

Sliced coconut is sourced from the highest grade coconuts in the world. It is the fresh meat of the coconut thinly sliced for your convenience. No artificial sweeteners, flavours or no preservatives have been added.

**INGREDIENTS** Coconut

NUTRITION INFORMATION		
Servings per package: 5		
Serving size: 80 g		
	Quantity per serving	Quantity per 100g
Energy	1030 kJ	1290 kJ
Protein	2.7 g	3.4 g
Fat, total	24.1 g	30.1 g
- saturated	19.3 g	24.1 g
Carbohydrate, total	2.7 g	3.4 g
- sugars	2.5 g	3.1 g
Sodium	8 mg	10 mg



# Veg Roasted Chicken 250gm

Checkout our most-loved veg roasted chicken here, absolutely you will fall in love with our delicious dish of pure vegetarian. Made up of soya protein as base and this product is developed to look, taste and behave like regular chicken in cooking.

## INGREDIENTS

Textured Soy Protein, Permitted Seasoning (Sugar, Flavour Enhancer (621), White Pepper Powder, Canola Oil, Coconut Oil, Rape Seed Oil, Tocopherols Concentrate (E306)), Palm Oil, Water& Salt.

### NUTRITION INFORMATION

Servings per package: 2.5

Serving size: 100 g

	Quantity per serving	Quantity per 100g
Energy	1188 kJ	1188 kJ
Protein	17 g	17 g
Fat, total	19 g	19 g
- saturated	9 g	9 g
Carbohydrate, total	11 g	11 g
- sugars	3 g	3 g
Sodium	1178 mg	1178 mg





# Veg Roasted Chicken 500gm

Checkout our most-loved veg roasted chicken here, absolutely you will fall in love with our delicious dish of pure vegetarian. Made up of soya protein as base and this product is developed to look, taste and behave like regular chicken in cooking.

**INGREDIENTS** Textured Soy Protein, Permitted Seasoning (Sugar, Flavour Enhancer (621), White Pepper Powder, Canola Oil, Coconut Oil, Rape Seed Oil, Tocopherols Concentrate (E306)), Palm Oil, Water & Salt.



## NUTRITION INFORMATION

Servings per package: 5

Serving size: 100 g

	Quantity per serving	Quantity per 100g
Energy	1188 kJ	1188 kJ
Protein	17 g	17 g
Fat, total	19 g	19 g
- saturated	9 g	9 g
Carbohydrate, total	11 g	11 g
- sugars	3 g	3 g
Sodium	1178 mg	1178 mg



# Veg Roasted Chicken 1kg

Checkout our most-loved veg roasted chicken here, absolutely you will fall in love with our delicious dish of pure vegetarian. Made up of soya protein as base and this product is developed to look, taste and behave like regular chicken in cooking.

## INGREDIENTS

Textured Soy Protein, Permitted Seasoning (Sugar, Flavour Enhancer (621), White Pepper Powder, Canola Oil, Coconut Oil, Rape Seed Oil, Tocopherols Concentrate (E306)), Palm Oil, Water& Salt.

### NUTRITION INFORMATION

Servings per package: 10

Serving size: 100 g

	Quantity per serving	Quantity per 100g
Energy	1188 kJ	1188 kJ
Protein	17 g	17 g
Fat, total	19 g	19 g
- saturated	9 g	9 g
Carbohydrate, total	11 g	11 g
- sugars	3 g	3 g
Sodium	1178 mg	1178 mg





## Vegetarian Spicy Soya Chunks 500gm

Have an extremely tight schedule that having a delicious, healthy home cooked meal for the whole family seems too difficult? Check out our *Veg Spicy Soya chunks recipe on the next page*, you gonna love it.

**INGREDIENTS** Textured Soy Protein, Wheat Gluten, Sugar, Coriander Powder, Cumin Powder, Permitted Seasoning (Flavour Enhancer (621), White Pepper Powder, Vegetable Oil, Tocopherols Concentrate (E306)), Water & Salt.



### NUTRITION INFORMATION

Servings per package: 5

Serving size: 100 g

	Quantity per serving	Quantity per 100g
Energy	1188 kJ	1188 kJ
Protein	17 g	17 g
Fat, total	19 g	19 g
- saturated	9 g	9 g
Carbohydrate, total	11 g	11 g
- sugars	3 g	3 g
Sodium	1178 mg	1178 mg



# RECIPE DETAIL

## Soya Chunks Recipe

### Ingredients

- Ayers Spicy Soya Chunks – 500gm
- Capsicum – 1
- Onion – 1
- Chilli powder – ½ table spoon
- Crushed ginger garlic paste – 1 table spoon
- Cumin powder – ½ table spoon
- Coriander powder – ½ table spoon
- Fresh coriander leaves – 2 stems
- Cooking oil
- Salt – to taste

### Preparation

- Heat oil in a pan and fry 500g of Ayers Spicy Soya Chunks.
- After a few minutes remove and keep aside.
- In a pan, add oil, crushed garlic, and ginger and cook on medium heat.
- Add diced onions, capsicum and cook until semi-done.
- Add chilli powder, cumin powder, coriander powder
- And cook well adding ¼ cup of water.
- Add Veg Spicy Soya Chunks and mix well.
- Add salt to taste and garnish with fresh coriander leaves.
- Serve with roti or steamed rice. Enjoy the taste!



Serves: 3

Prep time: 15min

Cooking time: 20min



# Vegetarian Lamb 250gm

Have a best food, choose from a wide variety of veg products. Vegetarian Lamb a complete source of protein and a delicious food which is very easy to prepare and share. Our main aim is to get you to eat healthy food with the latest trends and taste.

## INGREDIENTS

Textured Soy Protein, Mushroom Protein Powder, Permitted Seasoning (Sugar, Flavour Enhancer (621), White Pepper Powder, Canola Oil, Coconut Oil, Rape Seed Oil, Tocopherols Concentrate (E306)), Palm Oil, Water & Salt.



## NUTRITION INFORMATION

Servings per package: 2.5

Serving size: 100 g

	Quantity per serving	Quantity per 100g
Energy	1160 kJ	1160 kJ
Protein	17 g	17 g
Fat, total	20 g	20 g
- saturated	9 g	9 g
Carbohydrate, total	12 g	12 g
- sugars	3 g	3 g
Sodium	1172 mg	1172 mg

# Vegetarian Lamb 500gm

Have a best food, choose from a wide variety of veg products. Vegetarian Lamb a complete source of protein and a delicious food which is very easy to prepare and share. Our main aim is to get you to eat healthy food with the latest trends and taste.

## INGREDIENTS

Textured Soy Protein, Mushroom Protein Powder, Permitted Seasoning (Sugar, Flavour Enhancer (621), White Pepper Powder, Canola Oil, Coconut Oil, Rape Seed Oil, Tocopherols Concentrate (E306)), Palm Oil, Water & Salt.

NUTRITION INFORMATION		
Servings per package: 5		
Serving size: 100 g		
	Quantity per serving	Quantity per 100g
Energy	1160 kJ	1160 kJ
Protein	17 g	17 g
Fat, total	20 g	20 g
- saturated	9 g	9 g
Carbohydrate, total	12 g	12 g
- sugars	3 g	3 g
Sodium	1172 mg	1172 mg





# Vegetarian Fish Fillet 250gm

With a mild, subtle taste, Veg fish fillet can be grilled, baked or sautéed. These veg fish fillets have an especially flaky, light texture. They are complemented with a variety of dishes, delightfully tasty and very easy to prepare.

**INGREDIENTS** Textured Soy Protein, Permitted Seasoning (Sugar, Flavour Enhancer (621), White Pepper Powder, Canola Oil, Rape Seed Oil, Tocopherols Concentrate (E306)), Seaweed, Palm Oil, Water & Salt.



## NUTRITION INFORMATION

Servings per package: 2.5

Serving size: 100 g

	Quantity per serving	Quantity per 100g
Energy	1188 kJ	1188 kJ
Protein	17 g	17 g
Fat, total	19 g	19 g
- saturated	9 g	9 g
Carbohydrate, total	11 g	11 g
- sugars	3 g	3 g
Sodium	1178 mg	1178 mg



## Vegetarian Tandoori Chicken 250gm

We make this dish a vegetarian version and you feel very happy with the results. This vegetarian tandoori chicken is very sweet, tangy and spicy and packed with all the amazing flavours of the traditional dish.

### INGREDIENTS

Textured Soy Protein, Permitted seasoning (Sugar, Flavour enhancer (621), White pepper powder, Canola oil, Coconut oil, Rape seed oil, Tocopherols Concentrate (E306)), Red food colour, Palm oil, Water & Salt.



### NUTRITION INFORMATION

Servings per package: 2.5

Serving size: 100 g

	Quantity per serving	Quantity per 100g
Energy	1188 kJ	1188 kJ
Protein	17 g	17 g
Fat, total	19 g	19 g
- saturated	9 g	9 g
Carbohydrate, total	11 g	11 g
- sugars	3 g	3 g
Sodium	1178mg	1178mg



# Vegetarian Chicken Nuggets 250gm

You're gonna love these veg chicken nuggets made with tvp as a base and crispy breadcrumb crust. Vegetarian comfort food at its best!

## INGREDIENTS

Textured Soy Protein, Breadcrumb, Permitted seasoning (Sugar, Flavour enhancer (621), White pepper powder, Canola oil, Coconut oil, Rape seed oil, Tocopherols Concentrate (E306)), Palm oil, Water & Salt.



## NUTRITION INFORMATION

Servings per package: 2.5

Serving size: 100 g

	Quantity per serving	Quantity per 100g
Energy	1185 kJ	1185 kJ
Protein	17 g	17 g
Fat, total	19 g	19 g
- saturated	9 g	9 g
Carbohydrate, total	11 g	11 g
- sugars	3 g	3 g
Sodium	1179 mg	1179 mg



# Vegetarian Chicken Nuggets 500gm

You're gonna love these veg chicken nuggets made with tvp as a base and crispy breadcrumb crust. Vegetarian comfort food at its best!

## INGREDIENTS

Textured Soy Protein, Breadcrumb, Permitted seasoning (Sugar, Flavour enhancer (621), White pepper powder, Canola oil, Coconut oil, Rape seed oil, Tocopherols Concentrate (E306)), Palm oil, Water & Salt.



## NUTRITION INFORMATION

Servings per package: 5  
Serving size: 100 g

	Quantity per serving	Quantity per 100g
Energy	1185 kJ	1185 kJ
Protein	17 g	17 g
Fat, total	19 g	19 g
- saturated	9 g	9 g
Carbohydrate, total	11 g	11 g
- sugars	3 g	3 g
Sodium	1179 mg	1179 mg

# Vegetarian Sausages 500gm

Vegetarian sausages are much healthier. The amount of salt, oil and calories can be adjusted using the same rules that apply for cooking other sausages. Delicious and protein filled veg sausages are a easy treat for active kids on the go (Not to mention adults too)

## INGREDIENTS

Isolated Soy Protein, Textured Soy Protein, Red Yeast extract powder, Soy Sauce, oil, salt, sugar, pepper, Flavour Enhancer (621).



## NUTRITION INFORMATION

Servings per package: 5  
Serving size: 100 g

	Quantity per serving	Quantity per 100g
Energy	1187 kJ	1187 kJ
Protein	17 g	17 g
Fat, total	19 g	19 g
- saturated	9 g	9 g
Carbohydrate, total	11 g	11 g
- sugars	3 g	3 g
Sodium	1179 mg	1179 mg

# Fresh Frozen Peeled Garlic 400gm

INGREDIENTS Garlic



NUTRITION INFORMATION		
Servings per package: 40		
Serving size: 10 g		
	Quantity per serving	Quantity per 100g
Energy	52.6 kJ	526 kJ
Protein	0.6 g	6.1 g
Fat, total	0.3 g	2.8 g
- saturated	0.1 g	0.7 g
Carbohydrate, total	1 g	10.2 g
- sugars	0.2 g	1.5 g
Sodium	1mg	8mg






**BANGARA**

**BANGARA ENTERPRISE**

**HEALTHY  
FOOD SINCE  
1993**



 6 Persiaran Batu Gajah  
Perdana 3, Taman Batu  
Gajah Perdana-31550  
Pusing, Perak,  
Malaysia.

 +6 016 496 8059

 [info@bangaraenterprise.com](mailto:info@bangaraenterprise.com)

[www.Bangaraenterprise.com](http://www.Bangaraenterprise.com)