

Article specification



BAMI GORENG WITH CHICKEN

Indonesian style noodle dish with chicken breast fillet, peppers and scrambled eggs

Ingredients:

36% cooked noodles (water, DURUM WHEAT SEMOLINA, CHICKEN EGG WHITE, rapeseed oil), 11% chicken breast fillet cooked (chicken breast fillet, potato starch, salt, dextrose), 10% paprika, 5% scrambled eggs (EGG, CREAM, WHOLE MILK, sunflower oil, water, salt), soy sauce (water, SOYBEANS, WHEAT, salt), onions, mushrooms, shiitake mushrooms, carrots, oyster sauce (OYSTER EXTRACT, soy sauce (SOYBEANS, water, WHEAT flour, salt), water, sugar, iodised salt (salt, potassium iodate), modified starch), sugar, white cabbage, alcoholic rice drink (water, rice, WHEAT), SOYBEANS, balsamic vinegar (wine vinegar, grape must concentrate), modified starch, roasted SESAME OIL, spices, rapeseed oil, salt, sambal oelek (chillies, salt, acidifier acetic acid), distilled vinegar.

Allergens:

Contains: cereals containing gluten, shellfish, eggs, soybeans, milk, celery, mustard, sesame

May contain traces of:

Storage advice:

The best-before date stated on the sales packaging can only be adhered to with uninterrupted storage and transport from +2°C to +7°C.

Preparation advice:

How it works in the microwave:

Poke the foil of the bowl several times and then heat in the microwave (700 watts) for approx. 4 min.

Tip the bowl onto the plate. Enjoy your meal!

How it's done on the cooker:

Open the bowl and then put the noodles in a pot or pan with a little oil. Heat over medium heat, stirring occasionally.

Serve on a plate.

Enjoy your meal!

Attention: The cooking time may vary depending on the appliance.

| Average nutrients | je 100 g | | je 420 g | | | |
|---------------------------------|----------|--------|----------|---------|--------|----------|
| Calorific value: | 521 kJ | / | 124 kcal | 2292 kJ | / | 546 kcal |
| Fat: | | 3,9 g | | | 17,2 g | |
| of which saturated fatty acids: | | 0,6 g | | | 2,6 g | |
| Carbohydrates: | | 15,1 g | | | 66,4 g | |
| of which sugar: | | 4,0 g | | | 17,6 g | |
| Fibre: | | 2,0 g | | | 8,8 g | |
| Protein: | | 6,1 g | | | 26,8 g | |
| Salt: | | 1,26 g | | | 5,54 g | |