

Article specification

INDIAN STYLE CHICKEN TANDOORI



Ready meal with chicken breast fillet in yoghurt sauce, Indian tandoori style seasoned and rice

Ingredients:

42% cooked rice (water, basmati, jasmine rice mix, rapeseed oil), 12% chicken breast fillet cooked (chicken breast fillet, starch, salt, dextrose), 10% YOGHURT, green beans, CREAM, CRÈME FRAÎCHE, spices (ginger, garlic, paprika, cumin, CELERY, cardamom, MUSTARD, turmeric, pepper, fenugreek, cinnamon, cloves), FULL CREAM MILK, onions, BUTTER, rapeseed oil, coconut milk powder (coconut milk, maltodextrin, MILK PROTEIN), sugar, salt, tomato paste, modified starch, paprika extract, lemon juice concentrate, distilled vinegar, smoked paprika powder (paprika, smoke). The product may contain traces of SOY, WHEAT FLOUR and EGG!

Allergens:

Contains: milk, celery

May contain traces of: cereals containing gluten, eggs, soybeans

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 both bowls several times and then heat in the microwave (700 watts) for approx. 4 min.

Tip the bowls with rice onto the plate.

Arrange the sauce with the vegetables and meat next to it. Enjoy your meal!

How it's done on the cooker:

Open both bowls and then put the rice and the sauce with vegetables and meat 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:	612 kJ	/ 146 kcal	2693 kJ	/ 642 kcal
Fat:	7,3 g		32,1 g	
of which saturated fatty acids:	3,6 g		15,8 g	
Carbohydrates:	14,0 g		61,6 g	
of which sugar:	1,8 g		7,9 g	
Fibre:	1,3 g		5,7 g	
Protein:	5,5 g		24,2 g	
Salt:	0,63 g		2,77 g	