

Article specification

INDIAN STYLE CHICKEN TIKKA



Ready meal of chicken breast fillet in a spicy coconut sauce with rice

Ingredients:

42% cooked rice (water, 31% basmati rice, rapeseed oil, 1% wild rice), 16% chicken breast fillet cooked (chicken breast fillet, potato starch, salt, dextrose), 10% tomatoes, tomato paste, CREAM, paprika, 2.8% coconut milk powder (coconut milk, maltodextrin, MILK PROTEIN), chicken stock (turkey and chicken stock, salt), CRÈME FRAÎCHE, carrots, spices (contain CELERY, MUSTARD), onions, chicken fat, salt, starch, black cumin, smoked paprika (paprika, smoke), sugar, lime juice concentrate, emulsifier mono- and diglycerides of fatty acids, thickener guar gum, SKIMMED MILK POWDER, dextrose, cardamom, distilled vinegar, CHICKEN EGG WHITE, WHEAT FLOUR. The product may contain traces of SOY!

Allergens:

Contains: cereals containing gluten, eggs, milk, celery, mustard

May contain traces of: 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:	539 kJ	/	129 kcal	2372 kJ	/	568 kcal
Fat:		5,4 g				23,8 g
of which saturated fatty acids:		3,0 g				13,2 g
Carbohydrates:		12,5 g				55,0 g
of which sugar:		1,8 g				7,9 g
Fibre:		1,2 g				5,3 g
Protein:		6,9 g				30,4 g
Salt:		0,78 g				3,43 g