

Article specification

CHINESE STYLE SWEET & SOUR WITH CHICKEN



Ready meal of chicken breast fillet in a sweet and sour sauce with rice

Ingredients:

41% cooked rice (water, basmati, jasmine rice mix, rapeseed oil), 13.5% cooked chicken breast fillet (chicken breast fillet, potato starch, salt, dextrose), water, paprika, tomato paste, pineapple, bamboo shoots, corn, raw cane sugar, balsamic vinegar (wine vinegar, grape must concentrate), starch, soy sauce (water, SOYBEANS, WHEAT, salt), salt, spices (contain CELERY, MUSTARD), pineapple juice concentrate, sugar, lime juice concentrate, thickener guar gum, distilled vinegar, MILK PROTEIN, CHICKEN EGG WHITE, WHEAT FLOUR.

Allergens:

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

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 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 440 g	
Calorific value:	449 kJ	/	106 kcal	1976 kJ / 466 kcal
Fat:		2,1 g		9,2 g
of which saturated fatty acids:		0,3 g		1,3 g
Carbohydrates:		16,5 g		72,6 g
of which sugar:		4,1 g		18,0 g
Fibre:		0,9 g		4,0 g
Protein:		4,9 g		21,6 g
Salt:		0,55 g		2,42 g