

Article specification



CHINESE STYLE VEGAN SWEET & SOUR WITH SOY CHUNKS

Vegan ready meal of soy chunks in a sweet and sour sauce with rice

Ingredients:

41% cooked rice (water, basmati, jasmine rice mix, canola oil), water, bell pepper, 9% soy chunks (water, SOY PROTEIN CONCENTRATE, salt), 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, pineapple juice concentrate, sugar, lime juice concentrate, thickener guar gum, distilled vinegar.

The product may contain traces of EGG, MILK and CELERY.

Allergens:

Contains: cereals containing gluten, soybeans

May contain traces of: eggs, milk, celery

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 soy chunks 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 soy chunks 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:	414 kJ	/ 98 kcal	1736 kJ	/ 410 kcal
Fat:	0,6 g		2,6 g	
of which saturated fat:	0,2 g		0,9 g	
Carbohydrates:	18,6 g		81,8 g	
of which sugar:	4,0 g		17,6 g	
Fibre:	1,1 g		4,8 g	
Protein:	3,9 g		17,0 g	
Salt:	0,48 g		2,11 g	