

Article specification

GREEN THAI CURRY WITH CHICKEN



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

Ingredients:

42% cooked rice (water, 31% basmati rice, rapeseed oil, 1% wild rice), water, 15% vegetables in variable proportions (peppers, water chestnuts, carrots), 14% chicken breast fillet cooked (chicken breast fillet, (chicken breast fillet, potato starch, salt, dextrose), 3.7% coconut milk powder (coconut milk, maltodextrin, MILK PROTEIN), rapeseed oil, sugar, oyster sauce (OYSTER EXTRACT, soy sauce (SOYBEANS, water, WHEAT FLOUR, salt), water, sugar, iodised salt (salt, potassium iodate), modified starch), modified starch, green curry paste (chillies, lemongrass, garlic, shallots, salt, galangal, cumin, coriander), herbs, spices (contain CELERY, MUSTARD), fish sauce (ANCHOVIES, salt, sugar), salt, lime juice concentrate, spinach powder, CHICKEN EGG PROTEIN, SKIMMED MILK POWDER, WHEAT FLOUR.

Allergens:

Contains: cereals containing gluten, eggs, fish, 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 430 g	
Calorific value:	560 kJ	/	133 kcal	2464 kJ / 585 kcal
Fat:		5,1 g		22,4 g
of which saturated fatty acids:		2,3 g		10,1 g
Carbohydrates:		16,0 g		70,4 g
of which sugar:		2,3 g		10,1 g
Fibre:		1,1 g		4,8 g
Protein:		5,3 g		23,3 g
Salt:		0,83 g		3,65 g