

Article specification



INDIAN STYLE VEGAN BUTTER CHICKEN WITH SOY CHUNKS

Vegan ready meal of soy chunks in a tomato sauce Indian style seasoned with rice

Ingredients:

42% cooked rice (water, basmati, jasmine rice mix, canola oil), tomatoes, 9% soy chunks (water, SOY PROTEIN CONCENTRATE, salt), tomato paste, bell pepper, onions, canola oil, coconut powder (coconut milk, rice extract), spices, sugar, salt, herbs, lime juice concentrate, vegetable broth (vegetable extract, white wine extract, salt, sunflower oil, spice extract), thickener xanthan gum, paprika extract, distilled vinegar.

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

Allergens:

Contains: soybeans

May contain traces of: cereals containing gluten, 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:	611 kJ	/	146 kcal	2566 kJ	/	613 kcal
Fat:		7,1 g			31,2 g	
of which saturated fat:		1,3 g			5,7 g	
Carbohydrates:		15,7 g			69,1 g	
of which sugar:		1,4 g			6,2 g	
Fibre:		1,4 g			6,2 g	
Protein:		4,1 g			18,0 g	
Salt:		0,60 g			2,64 g	