

Article specification

JAPANESE STYLE CHICKEN TERIYAKI



Ready meal of chicken breast fillet in a spicy sauce, Japanese style seasoned with noodles

Ingredients:

42% cooked noodles (water, DURUM WHEAT SEMOLINA, CHICKEN EGG WHITE, rapeseed oil), 14% chicken breast fillet cooked (chicken breast fillet, potato starch, salt, dextrose), paprika, soy sauce (water, SOYBEANS, WHEAT, salt), onions, sugar, apple puree (apples, sugar), alcoholic rice drink (water, rice, WHEAT), spices (ginger, garlic, black cumin, lemongrass, CELERY, MUSTARD), rapeseed oil, balsamic vinegar (wine vinegar, grape must concentrate), starch, caramelised sugar syrup, distilled vinegar, salt, thickener xanthan gum, aroma, SKIMMED MILK POWDER, 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 bowl with noodles 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 noodles 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:	546 kJ	/ 130 kcal	2402 kJ	/ 572 kcal
Fat:	3,9 g		17,2 g	
of which saturated fatty acids:	0,5 g		2,2 g	
Carbohydrates:	16,3 g		71,7 g	
of which sugar:	5,9 g		26,0 g	
Fibre:	2,0 g		8,8 g	
Protein:	6,4 g		28,2 g	
Salt:	1,23 g		5,41 g	