

# Article specification

## KOREAN STYLE CHICKEN



Korean style ready meal with chicken breast fillet, onions and carrots

### Ingredients:

42% cooked rice (water, basmati, jasmine rice mix, rapeseed oil), 14% chicken breast fillet cooked (chicken breast fillet, starch, salt, dextrose), 10% onions, 9% carrots, mango chutney (sugar, mango, spices, salt, distilled vinegar), alcoholic rice drink (water, rice, WHEAT), sugar, soy sauce (water, SOY BEANS, WHEAT, salt), paprika pulp, rapeseed oil, sambal oelek (chillies, salt, acidifier acetic acid), modified starch, spices (contain CELERY, MUSTARD), seasoning, salt, 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 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 420 g			
Calorific value:	538 kJ	/	128 kcal	2367 kJ	/	563 kcal
Fat:		3,3 g			14,5 g	
of which saturated fatty acids:		0,4 g			1,8 g	
Carbohydrates:		18,3 g			80,5 g	
of which sugar:		6,1 g			26,8 g	
Fibre:		1,2 g			5,3 g	
Protein:		5,6 g			24,6 g	
Salt:		0,83 g			3,65 g	