

Article specification

PRAWN MANGO CURRY

WITH NOODLES



Ready meal with prawns in a mango-curry sauce Thai style seasoned with noodles

Ingredients:

42% cooked noodles (water, DURUM WHEAT SEMOLINA, CHICKEN EGG WHITE, rapeseed oil), 15% prawns (contain SULPHIT), green beans, peppers, 6% mango puree, water, coconut milk powder (coconut milk, maltodextrin, MILK PROTEIN), spring onions, pineapple juice concentrate, WHOLE MILK, CREAM, spices (contain CELERY, MUSTARD), oyster sauce (OYSTER EXTRACT, soy sauce (SOY BEANS, water, WHEAT FLOUR, salt), water, sugar, iodised salt (salt, potassium iodate), modified starch), poultry concentrate (turkey and chicken stock, salt), rapeseed oil, salt, curry paste (chilli, lemongrass, shallots, garlic, salt, kaffir lime peel, galangal, cumin, coriander), raw cane sugar, soy sauce (water, SOYBEANS, WHEAT, salt), fish sauce (ANCHOVIES, salt, sugar), thickener guar gum, natural flavouring, distilles vinegar, CHICKEN EGG WHITE, MILK POWDER, WHEAT FLOUR.

Allergens:

Contains: cereals containing gluten, eggs, fish, soybeans, milk, celery, mustard, sulphites > 10 mg/kg, molluscs

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 prawns 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 prawns 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:	473 kJ	/ 113 kcal	2081 kJ	/ 497 kcal
Fat:	4,5 g		19,8 g	
of which saturated fatty acids:	3,2 g		14,1 g	
Carbohydrates:	11,4 g		50,2 g	
of which sugar:	2,6 g		11,4 g	
Fibre:	1,7 g		7,5 g	
Protein:	5,8 g		25,5 g	
Salt:	0,73 g		3,21 g	