

## Article specification

# RED 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), 16% vegetables in variable proportions (water chestnuts, peppers, bamboo shoots, onions, SOYBEANS), 14% cooked chicken breast fillet (chicken breast fillet, potato starch, salt, dextrose), water, 4.2% coconut milk powder (coconut milk, maltodextrin, MILK PROTEIN), tomato paste, rapeseed oil, sugar, spices (contain CELERY, MUSTARD), fish sauce (ANCHOVIES, salt, sugar), modified starch, curry paste (vegetables in variable proportions by weight (chillies, garlic, shallots), spices (lemongrass, galangal, coriander, cumin, lime peel, chillies), salt), herbs, salt, lime juice concentrate, paprika extract, distilled vinegar, CHICKEN EGG PROTEIN, SKIMMED MILK POWDER, WHEAT FLOUR.

### Allergens:

Contains: cereals containing gluten, 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:	563 kJ	/	134 kcal	2477 kJ / 590 kcal
Fat:		5,4 g		23,8 g
of which saturated fatty acids:		2,3 g		10,1 g
Carbohydrates:		15,3 g		67,3 g
of which sugar:		3,5 g		15,4 g
Fibre:		1,2 g		5,3 g
Protein:		5,5 g		24,2 g
Salt:		0,70 g		3,08 g