

Article specification

VEGAN RED THAI CURRY

WITH SOY CHUNKS



Vegan ready meal of soy chunks in spicy Thai style seasoned sauce with rice

Ingredients:

42% cooked rice (water, basmati, jasmine rice mix, canola oil), water, 9% soy chunks (water, SOY PROTEIN CONCENTRATE, salt), water chestnuts, bell pepper, bamboo shoots, tomato paste, coconut powder (coconut milk, rice extract), onions, canola oil, sugar, SOYBEANS, spices, soy sauce (water, SOYBEANS, WHEAT, salt), 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, thickener xanthan gum, paprika extract, distilled vinegar.

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

Allergens:

Contains: cereals containing gluten, soybeans

May contain traces of: 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:	528 kJ	/ 126 kcal	2220 kJ	/ 528 kcal
Fat:	4,3 g		18,9 g	
of which saturated fat:	1,2 g		5,3 g	
Carbohydrates:	16,7 g		73,5 g	
of which sugar:	2,7 g		11,9 g	
Fibre:	1,5 g		6,6 g	
Protein:	4,3 g		18,9 g	
Salt:	0,55 g		2,42 g	