

Article specification

YELLOW THAI CURRY

WITH SWEET POTATO & PEAS

Ready meal with sweet potato and peas in a Thai-style spiced sauce and rice



Ingredients:

42% cooked rice (water, basmati, jasmine rice mix, rapeseed oil), water, CREAM, 7% sweet potatoes, 5.5% peas, potatoes, green beans, onions, spices (contain CELERY, MUSTARD), soy sauce (water, SOY BEANS, WHEAT, salt), sunflower seeds, salt, rapeseed oil, sugar, coconut milk powder (coconut milk, maltodextrin, MILK PROTEIN), modified starch, fried onions (onions, sunflower oil, starch, salt), thickener guar gum, lime juice concentrate, colouring food paprika extract, distilled vinegar, CHICKEN EGG WHITE, SKIMMED MILK POWDER, 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 rice onto the plate.

Arrange the sauce with the vegetables 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 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:	550 kJ	/	131 kcal	2420 kJ	/	576 kcal
Fat:		5,0 g			22,0 g	
of which saturated fatty acids:		2,1 g			9,2 g	
Carbohydrates:		17,8 g			78,3 g	
of which sugar:		1,4 g			6,2 g	
Fibre:		2,1 g			9,2 g	
Protein:		2,7 g			11,9 g	
Salt:		0,81 g			3,56 g	