

Chicken Korma

Ready Meal



Nutritional Values	Per 100g	Per Pouch 300g
Energy Kj	439.0	1317.0
Energy Kcal	105.0	315.0
Protein (g)	8.7	26.1
Carbohydrate (g)	7.9	23.7
of which sugar (g)	4.3	12.9
Fat (g)	4.3	12.9
of which saturated (g)	2.7	8.1
Fibre (g)	0.8	2.4
Sodium (g)	0.2	0.6
Equivalent in salt (g)	0.5	1.5

Vegetarian



Vegan



Allergens

milk

Produced in a nut free factory

Ingredients

water, chicken (29%), onion, korma paste (5%) (apricots, onion, coconut, spices, lemon juice, garlic puree, garam masala, sugar, sunflower oil, salt), brown basmati rice (3%), creamed coconut, sugar, cornflour, ginger, tomato puree, garlic, vegetable oil, tapioca starch, single cream, sea salt, coriander, black pepper