

Thai Chicken Curry

Ready Meal



Nutritional Values	Per 100g	Per Pouch 300g
Energy Kj	408.0	1224.0
Energy Kcal	97.0	291.0
Protein (g)	5.8	17.4
Carbohydrate (g)	9.0	27.0
of which sugar (g)	2.3	6.9
Fat (g)	4.2	12.6
of which saturated (g)	2.4	7.2
Fibre (g)	2.4	7.2
Sodium (g)	0.16	0.48
Equivalent in salt (g)	0.4	1.2

Ingredients
water, chicken thigh (23%), onion, red pepper, yellow pepper, green pepper, brown basmati rice (4%), creamed coconut (3%), baby corn, water chestnuts, cornflour, red chilli, garlic, sugar, galangal, ginger, sea salt, lemon grass, lime leaves

Vegetarian
X
Vegan
X

Allergens
none
Produced in a nut free factory