



18/08/17

TECHNICAL SPECIFICATION

PRODUCT: CHICKEN MASSAMAN CURRY WITH JASMIN RICE 350G

INGREDIENTS: Cooked Jasmine rice 51% (water, Jasmine rice), chicken 15% (chicken 85%, water 10%, corn starch, salt), coconut milk 12% (coconut extract, water), potatoes 9%, curry paste 6% (herbs, spices (contains **mustard**), sugar, tamarind juice, rice bran oil, salt, shallot, fish sauce (anchovy (**fish**), salt, sugar)), water, onion 3%, sunflower oil, rapeseed oil, herbs, thickening agent: xanthan gum

ALLERGEN INFO: For allergens see ingredients in **bold**
Produced in a company where peanuts and other nuts are processed

WEIGHT : 350g e

PREPARATION: In microwave:
Pierce both sides of film lid and cook on full power for 2.5 min. in a 750 W microwave. Leave for 1 minute and carefully peel back lid by pulling tab.

In Saucepan:
Heat saucepan of boiling water. Place unopened tray in water and simmer for 15 minutes. Check food is piping hot throughout before serving. Carefully peel back lid by pulling tab.

SHELF LIFE: 12 months at room temperature without refrigeration.
Packaged in a protective atmosphere.
Consume immediately after opening.

MICROBIOLOGY: Commercial sterile

NUTRITIONAL VALUES :

Nutritional values	100g	Portion (350g)	%RI/Portion
Energy	611 kJ/145 kcal	2139 kJ/508 kcal	25%
Fat	3.9g	13.7g	20%
Hereof saturated	2.6g	9.3g	46%
Carbohydrates	20.9g	73.2g	28%
Hereof sugar	1.4g	4.9g	5%
Protein	6.1g	21.4g	43%
Salt	0.68g	2.38g	40%