



TECHNICAL SPECIFICATION

PRODUCT: **TIKKA MASALA WITH PILAU BASMATI RICE 350G**

INGREDIENTS: Cooked rice 51% (water, rice, rapeseed oil, sunflower oil, salt, flavouring), chicken 15% (chicken, water, starch, dextrose, salt), cream (contains **milk**), onions 8%, water, yogurt 5% (contains **milk**), tomato concentrate, herbs, spices, sugar, rapeseed oil, sunflower oil, starch, salt, glucose syrup, lemon juice, **milk** proteins, flavouring, thickening agent: xanthan gum

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

WEIGHT: 350g e

PREPARATION: In microwave:
Pierce both sides of film lid and cook on full power for 3 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	576kJ/137 kcal	2016kJ/480kcal	24%
Fat	3.6g	13g	18%
Hereof saturated	1.1g	3.9g	19%
Carbohydrates	19g	65g	25%
Hereof sugar	1.8g	6.3g	7%
Protein	6.8g	24g	48%
Salt	0.85g	3.0g	50%