

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED  
PLEASE REMOVE STICKER BEFORE HEATING



# freshchef

Snap Frozen at the Peak of Freshness



## KARAAGE FRIED CHICKEN

**Crispy Chicken, sticky rice, broccoli, spring onion and sesame seeds.**



No Artificial Colours



No Added Msg

**400g**

### COOKING INSTRUCTIONS FROM FROZEN

#### OVEN

- 1 Preheat Oven to 180°C
- 2 Remove Plastic film, place container in oven for 20-25 mins.
- 3 Heating Instructions are guidelines only

#### MICROWAVE

- 1 Pierce the bag evenly across the tray
- 2 Heat on high for 4.5 minutes then rest for 2 minutes, Continue cooking for a further 1 minute
- 3 Check meal is hot and cooked evenly or continue further cooking to desired temperature

#### NUTRITION INFO

#### STORAGE INSTRUCTIONS

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 3 days.

#### INGREDIENTS

Chicken Thigh (25%) [Potato Starch, Onion Powder, Garlic Powder, Yoghurt Skim **milk**, cream, **milk** solids, cultures (including Lactobacillus acidophilus)], Sushi Rice (25%) Japonica short grain rice, Teriyaki Sauce (25%) [Sugar, **Soy** Sauce (**Soybeans**, Salt, Corn Starch), Rice Vinegar, Tomato Paste, Corn Starch, Ginger, Onions, Garlic Powder], Broccoli, **Sesame** seeds, Spring Onion.

Contains: Soy, Sesame Seeds, Milk

Maybe present in production kitchen: Gluten/Wheat, Peanuts, Tree nuts, Milk, Eggs, Fish, Shellfish (Crustacea & Molluscs), Lupen.

**SERVINGS PER PACKAGE: 1**  
**SERVING SIZE: 400G**

AVERAGE QUANTITY	PER SERVING	PER 100G
ENERGY	2428kj	607kj
CALORIES	578cals	145cals
PROTEIN	37g	9g
FAT, TOTAL	14g	4g
-SATURATED	6g	2g
CARBS	76g	19g
- SUGAR	30 g	8g
SODIUM	4195mg	1049mg

See FRESHCHEF.NZ for gluten and allergy info.