

BLAKEAWAY

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 4

SERVING SIZE: 250G

	Per Serving	Per 100G
Energy	1255 kJ	502 kJ
Protein	28 g	11 g
Fat, Total	20 g	8 g
Saturated	10 g	4 g
Carbs	10 g	4 g
Sugars	5 g	2 g
Sodium	155 mg	62 mg



200122

SRI LANKAN CHICKEN, SWEET POTATO & CAULIFLOWER CURRY (DF)(GF) 1KG

INGREDIENTS: CHICKEN (THIGH) (46%); COCONUT MILK (COCONUT MILK, THICKENERS, EMULSIFIERS (407), (412), (415)); CAULIFLOWER (7%); SWEET POTATO (7%); BOK CHOY; YELLOW CURRY PASTE; WATER; PALM SUGAR; CANOLA OIL; SPICE MIX (TURMERIC, GREEN CARDAMOM, CURRY LEAVES, FENNEL SEED, BLACK PEPPER, YELLOW MUSTARD SEEDS, CINNAMON, ANISE, FENUGREEK SEED, WHITE PEPPER, CLOVE); **FISH SAUCE**; CORIANDER; LIME JUICE (PRESERVATIVE (202)); MINT; KAFFIR LIME LEAF; CURRY LEAF

CONTAINS: FISH

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES EGG, GLUTEN, MILK, LUPINS, TREE NUTS, FISH, CRUSTACEAN, SOY & SESAME.

PREPARATION: TRANSFER CONTENTS TO A SAUCEPAN AND WARM OVER A LOW / MEDIUM HEAT STIRRING OCCASIONALLY UNTIL HOT OR TRANSFER CONTENTS TO A MICROWAVE SAFE CONTAINER AND HEAT AT 2 MINUTE INTERVALS UNTIL HOT. IF FROZEN, DEFROST COMPLETELY BEFORE FOLLOWING INSTRUCTIONS ABOVE.

STORAGE: REFRIGERATE AND CONSUME WITHIN 3 DAYS OF OPENING OR FREEZE BEFORE BEST BEFORE DATE.

03 9885 2777 | HELLO@BLAKEAWAY.COM.AU | 1/18 BRIXTON RISE GLEN IRIS 3146