

# BLAKEAWAY

## “MINI ME” LEMONGRASS CHICKEN & GINGER CURRY (GARLIC & ONION FREE) (DF)(GF) 500G

### NUTRITION INFORMATION

SERVINGS PER PACKAGE: 2  
SERVING SIZE: 250G

	Per Serving	Per 100G
Energy	1875 kJ	750 kJ
Protein	40 g	16 g
Fat, Total	25 g	10 g
Saturated	15 g	6 g
Carbs	17.5 g	7 g
Sugars	10 g	4 g
Sodium	400 mg	160 mg



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**INGREDIENTS:** CHICKEN (THIGH)(44%); COCONUT MILK (THICKENERS, EMULSIFIERS (407, 412, 415)) (18%); SWEET POTATO (8%); CAULIFLOWER (8%); BOK CHOY; LEMONGRASS (3%); GINGER (3%); WATER; TURMERIC (FRESH); **FISH SAUCE**; LIME JUICE (PRESERVATIVE (202)); CORIANDER (FRESH); PALM SUGAR; VEGETABLE OIL (**SOY**); GREEN CHILLI; MINT; TURMERIC POWDER; KAFFIR LIME LEAF; CORIANDER SEED; SALT; CUMIN; BLACK PEPPER

**CONTAINS: FISH, SOY**

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

**PREPARATION:** DEFROST COMPLETELY BEFORE FOLLOWING INSTRUCTIONS. IN A SAUCEPAN WARM OVER A LOW/MEDIUM HEAT STIRRING OCCASIONALLY FOR 5-7MINS UNTIL HOT OR MICROWAVE AT 2 MINUTE INTERVALS UNTIL HOT. ALLOW ADDITIONAL TIME TO HEAT IF PARTIALLY THAWED.

**STORAGE:** STORE IN FREEZER AND CONSUME WITHIN 3 DAYS OF DEFROSTING.

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