

BLAKEAWAY

MALAYSIAN CHICKEN CURRY (DF)(GF) 1KG

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 4
SERVING SIZE: 250G

	Per Serving	Per 100G
Energy	1670 kJ	668 kJ
Protein	38 g	15 g
Fat, Total	25 g	10 g
Saturated	13 g	5 g
Carbs	15 g	6 g
Sugars	8 g	3 g
Sodium	718 mg	287 mg



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INGREDIENTS: CHICKEN (THIGH) (55%); COCONUT MILK (COCONUT MILK, THICKENERS, EMULSIFIERS (407, 412, 415)) (18%); CHICKEN STOCK (WATER, CHICKEN BONES, LEEK, ONION, CELERY) (11%); ONION; CANOLA OIL; LEMONGRASS; **FISH SAUCE**; GLUTEN FREE **SOY SAUCE** (WATER, **SOYBEAN**, RICE, SALT, SYRUP, PRESERVATIVE (202)); SPICE BLEND (CHILLI, CORIANDER, CUMIN, FENNEL, CINNAMON, TURMERIC, GRAM DHALL, CURRY LEAVES, RICE FLOUR, BLACK PEPPER); PALM SUGAR; CORIANDER (FRESH); RED CHILLI; RED CAPSICUM; GINGER; GALANGAL; **CANDLE NUT**; GARLIC; CORIANDER SEED; SALT; FENNEL SEED; CUMIN SEED; TURMERIC POWDER; GREEN CARDAMOM; KAFFIR LIME LEAF; STAR ANISE; CINNAMON

CONTAINS: CANDLE NUT, FISH, SOY

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