

BUTTER CHICKEN, STEAMED RICE AND GREENS

MICROWAVE INSTRUCTIONS: If frozen defrost first then heat for 2-6 minutes on high power depending on the size of your dish.

MAKE SURE YOUR DISH IS THOROUGHLY HEATED, HEATING TIMES MAY VARY DEPENDING ON YOUR OVEN OR MICROWAVE.

Store in the freezer below -18°C

Store in the refrigerator below 4°C

Ingredients: BUTTER CHICKEN [Chicken, Crushed tomatoes [Crushed tomatoes, tomato puree, salt, citric acid], Cream, Onion, Yoghurt (Skim milk, cream, milk solids, cultures (including Lactobacillus acidophilus), Sugar, Mainland Butter, Tomato Paste, Garlic, Lime Juice, citrus pulp, Vitamin C, Fenugreek seed, Ginger, Iodised Salt, Garam Masala (Coriander, Cumin, Fennel, Ginger, Cardamon, Curry Leaf, Cassia, Cloves, Nutmeg, White Pepper), Paprika, Chilli Powder, Turmeric, Cinnamon, Cloves, Cardomom], Rice, Green Beans.

Contains: Milk

May Contain: Egg, Sesame, Tree Nuts, Gluten (Wheat), Soy, Gluten containing cereals, Peanuts

NUTRITION INFORMATION

Servings per package: 1

Serving size: 470 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	3230 kJ 772 Cal	687 kJ 164 Cal
Protein	59.4 g	12.6 g
Fat, total	39.2 g	8.3 g
- saturated	20.5 g	4.4 g
Carbohydrate	44.9 g	9.6 g
- sugars	16.6 g	3.5 g
Dietary Fibre	3.5 g	0.7 g
Sodium	1420 mg	303 mg

MYLK Food Store
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Made in New Zealand from local and imported ingredients