

BUTTER CHICKEN

250 g

COOK FROM FRESH: Leave plastic film on and cook for 30 minutes at 180C. Remove film, stir and serve.

COOK FROM FROZEN: Leave plastic film on and cook for 50 minutes at 160C. Remove film stir and serve.

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, cooking times may vary depending on your oven or microwave.

Store in the freezer below -18°C

Keep refrigerated, store between 1 to 4°C

Ingredients: 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.

Contains: Milk

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

NUTRITION INFORMATION

Servings per package: 1

Serving size: 250 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	2270 kJ 543 Cal	908 kJ 217 Cal
Protein	47.4 g	19.0 g
- gluten	0 mg	0 mg
Fat, total	32.4 g	13.0 g
- saturated	17.0 g	6.8 g
Carbohydrate	14.9 g	5.9 g
- sugars	12.9 g	5.2 g
Dietary Fibre	1.5 g	0.6 g
Sodium	1180 mg	470 mg

MYLK Food Store

95 Ford Road, Onekawa

Made in New Zealand from local and imported ingredients