

FREE RANGE YELLOW CHICKEN CURRY

250 g

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

HEAT 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.

Keep refrigerated, store between 1 to 4°C

Store in the freezer below -18°C

Ingredients: Chicken, Onion, Carrot, Green beans, Coconut Cream (fresh coconut cream, stabilizers(xanthan gum E415, guar gum E412, carrageenan E407), Yellow Curry Paste [Onion, Ginger, Garlic, Mustard Seed, Coriander seed, Turmeric, Lemongrass Powder, Chilli Powder, Kaffir Lime Leaf Powder], Brown Sugar, Fish Sauce (Water, Anchovy (30%), salt, sugar), Maize Starch, Lemon juice, Garlic, Iodised Salt.

Contains: Fish

May Contain: Crustacea, Sesame, Tree Nuts, Gluten containing cereals, Peanuts, Milk, Soy

NUTRITION INFORMATION

Servings per package: 1

Serving size: 250 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1390 kJ 332 Cal	556 kJ 133 Cal
Protein	36.0 g	14.4 g
- gluten	0 mg	0 mg
Fat, total	14.0 g	5.6 g
- saturated	7.5 g	3.0 g
Carbohydrate	16.9 g	6.7 g
- sugars	11.9 g	4.7 g
Dietary Fibre	3.8 g	1.5 g
Sodium	736 mg	294 mg

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