

THAI BEEF CASSEROLE, STEAMED RICE AND GREEN BEANS

470 g

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: THAI BEEF AND POTATO CASSEROLE [Beef, Onion, Potato, Real Beef Stock (beef, water, chicken, carrots, onions, red wine, tomatoes, celery, herbs, spices), Brown Sugar, Maize Starch, Garlic, Canola Oil, Lemon Juice, Fish Sauce (Water, Anchovy (30%), salt, sugar), Ginger, Coriander, Iodised Salt, Cumin Seeds, Kaffir Lime Leaf Powder, Lemongrass Powder, Chilli Powder], Rice, Green Beans.

Contains: Fish

May Contain: Milk, Sesame, Tree Nuts, 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	2640 kJ 630 Cal	561 kJ 134 Cal
Protein	54.9 g	11.7 g
Fat, total	24.8 g	5.3 g
- saturated	11.6 g	2.5 g
Carbohydrate	50.6 g	10.8 g
- sugars	12.2 g	2.6 g
Dietary Fibre	4.2 g	0.9 g
Sodium	566 mg	120 mg

MYLK Food Store
95 Ford Road

Made in New Zealand from local ingredients