

THAI YELLOW CHICKEN CURRY, STEAMED RICE AND GREENS

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: FREE RANGE YELLOW CHICKEN CURRY [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], Rice, Peas.

Contains: Fish

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

NUTRITION INFORMATION

Servings per package: 1

Serving size: 470 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	2270 kJ 541 Cal	482 kJ 115 Cal
Protein	48.3 g	10.3 g
Fat, total	17.6 g	3.7 g
- saturated	9.2 g	2.0 g
Carbohydrate	49.1 g	10.5 g
- sugars	15.1 g	3.2 g
Dietary Fibre	7.1 g	1.5 g
Sodium	896 mg	191 mg

MYLK Food Store

95 Ford Road

Made in New Zealand from local ingredients