



Outdoor Meal

Thai Chicken with Rice and Vegetables

art no 7233
(SE/NO/DK/EN/FI/DE)

Ingredients:

Rice 37 %, vegetables 26 % (carrot, green beans, sweetcorn, red pepper, onion), chicken 10 %, palm fat, coconut milk, **cream** powder, salt, modified potato starch, maltodextrin, sugar, flavouring, yeast extract, **milk protein**, acid: citric acid, spices, coriander extract, rice flour.

Preparation:

- 1 Tear off the top and fold out the bottom
 - 2 Add 400 ml of boiling water (level H)
 - 3 Stir
 - 4 Re-seal, wait 10 mins
- Add more water if required.
Can be prepared using cold water, extend the time to > 30 mins

Nutritional declaration	Serving portion (approx 535 g)	Temperature	Shelf life
		22	3 years
		37	4 months*
		50	1 month*
Energy (kJ)	2737 kJ		
Energy (kcal)	654 kcal		
Fat	26 g		
of which saturated fat	16 g		
Carbohydrate	78 g		
of which sugars	7,3 g		
Fiber	2 g		
Protein	22 g		
Salt	4,3 g		

* The product is safe to eat within 3 years. The specified shelf life is for product with maintained taste quality.



The composition of the product can change. Therefore, read always the ingredient list on the product.

Marketed by Continental Foods Sweden AB,
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