



Thai Chicken with Rice and Vegetables

SE/DK/NO Ingredienser: Ris 37%, grönsaker 26% (morot/gulerod, gröna bönor/bønner, majs, röd paprika/röd peberfrugt, lök/løg), kyckling/kylling 10%, palmfett, kokosmjölk/kokosmælk, **gräddpulver/flødepulver**, salt, modifierad potatisstärkelse/kartoffelstivelse/potetstivelse, maltodextrin, socker/sukker, arom/aroma, jästextrakt/gærekstrakt, **mjolkprotein/mælkeprotein**, syra: citronsyra, kryddor/krydderier, korianderextrakt, rismjöl/rismel.

EN 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.

FR Ingrédients: Riz 37%, légumes 26% (carottes, haricots verts, maïs, poivron rouge, oignon), poulet 10%, graisse de palme, lait de coco, **crème** en poudre, sel, amidon modifié de pomme de terre, maltodextrine, sucre, arôme, extrait de levure, protéines de **lait**, acide: acide citrique, épices, extrait de coriandre, farine de riz.

Claims : Gluten free

Category: Dry meal

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

Content: 139 g

Shelf life: 48 months at an ambient temperature in a temperate climate or according to NATO Standard AMedP-1.11; Chapter 3 – Shelf Life.

Storage: Dry at room temperature.

Nutritional values:

Nutritional declaration	Per 100g (dry product)	Per Pouch (prepared)
Energy (kJ)	1927 kJ	2679 kJ
Energy (kcal)	460 kcal	640 kcal
Fat	18 g	26 g
of which saturated fat	11 g	15 g
Carbohydrate	55 g	76 g
of which sugars	5,2 g	7,2 g
Fiber	6,4 g	8,9 g
Protein	16 g	22 g
Salt	5,5 g	7,9 g



Marketed by Continental Foods Sweden AB, www.outdoormeal.com
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