



## Oriental chicken with couscous

**SE/DK/NO Ingredienser:** Couscous 35% (**durumvetemjöl/durumhvedemel**), grönsaker (morot/gulerod, tomat, grön paprika/grøn peberfrugt, gröna bönor/bønner, lök/løg), palmfett, kyckling/kylling 7,8%, äpple/æble, aprikos, salt, **crème fraîche**, maltodextrin, potatisstärkelse/kartoffelstivelse/potetstivelse, kryddor/krydderier, jästextrakt/gærekstrakt, apelsin, arom/aroma, **skummjörkspulver/skummetmælkpulver/skummetmelkpulver, mjölkprotein/mælkeprotein**, rismjöl/rismel, konserveringsmedel: **svaveldioxid/svovldioxid**.

**EN Ingredients:** Couscous 35 % (**durum wheat flour**), vegetables (carrot, tomato, green pepper, green beans, onion), palm fat, chicken 7.8 %, apple, apricot, salt, **crème fraîche**, maltodextrin, potato starch, spices, yeast extract, orange, flavouring, **skimmed milk powder, milk protein**, rice flour, preservative: **sulphur dioxide**.

**FR Ingrédients:** Couscous 35% (farine de **blé dur**), légumes (carottes, tomate, poivron vert, haricots verts, oignon), graisse de palme, poulet 7,8%, pomme, abricot, sel, **crème fraîche**, maltodextrine, amidon de pomme de terre, épices, extrait de levure, orange, arôme, poudre de **lait** écrémé, protéines de **lait**, farine de riz, conservateur: dioxyde de **soufre**.

**Claims:** Lactose free

**Category:** Dry meal

### Preparation:

- 1 Tear off the top and fold out the bottom
- 2 Add 400 ml of boiling water (level G)
- 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:** 144 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:**

<b>Nutritional declaration</b>	<b>Per 100g (dry product)</b>	<b>Per Pouch (prepared)</b>
Energy (kJ)	1805 kJ	2600 kJ
Energy (kcal)	431 kcal	621 kcal
Fat	17 g	24 g
of which saturated fat	7,9 g	11 g
Carbohydrate	51 g	73 g
of which sugars	7,7 g	11 g
Fiber	8,3 g	12 g
Protein	16 g	22 g
Salt	2,9 g	4,2 g



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