Chicken Curry Mild

Tender chicken pieces in a mild curry sauce with fluffy rice, sultanas, tender broccoli and carrots.

A healthy serve of protein can assist to stay fuller for longer and love it or hate it - broccoli is an incredibly healthy vegetable, loaded with vitamin C, vitamin K, fibre and potassium.

Ingredients

Chicken Curry (51%) [Chicken (28%), Onions, Zucchini, Peas, Coconut Milk, Tapioca, Green Curry Paste (0.3%) (Green Chilli, Lemongrass, Garlic, Salt, Galangal, Shrimp Paste [Shrimp (**Crustacea**), Salt], Kaffir Lime Peel, Coriander Seeds, Pepper, Cumin, Turmeric), **Fish** Sauce [Anchovies (**Fish**) Extract, Salt, Sugar], Curry Powder (0.1%) (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Oil, Turmeric], Rice, Broccoli, Carrots, Sultanas, **Almonds**, Capsicum, Parsley.

CONTAINS CRUSTACEA, FISH, ALMOND. MAY CONTAIN PEANUT, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 390g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1669kj (400Cal)	428kJ (103Cal)
Protein:	30.4g	7.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	14g	3.6g
--Saturated:	4.3g	1.1g
Carbohydrates:	34.7g	8.9g
--Sugars:	5.8g	1.5g
Dietary Fibre:	6.2g	1.6g
Folate:	93.2ug (47% RDI)	23.9ug
Sodium:	312mg	80mg
Potassium:	866mg	222mg
Phosphorus:	283mg (28% RDI)	73mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.