



Portuguese Style Chicken Casserole

Tender diced chicken in a Portuguese inspired tomato based sauce with tasty Cajun wedges and peas.

Our take on a popular chicken dish, this hearty and satisfying meal warms the soul with its tasty flavours.



Ingredients

Chicken Casserole (63%) [Chicken (35%), Onions, Tomatoes, Water, Capsicum, Corn, Chickpeas, Olive Oil, Sambal Oelek (Red Chilli Peppers, Salt, Acidity Regulator (270), Preservative (202)), Garlic, Lemon Juice, Paprika, Tapioca, Cumin, Thyme, Salt, Pepper], Cajun Potato Wedges [Potatoes, Cajun Spice (Oregano, Thyme, Garlic and Onion Powder, Sweet and Hot Paprika, Pepper), Oil], Peas. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	2120kJ (508Cal)	530kJ (127Cal)
Protein:	44.8g	11.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	20.8g	5.2g
--Saturated:	5.2g	1.3g
Carbohydrates:	30.8g	7.7g
--Sugars:	6.4g	1.6g
Dietary Fibre:	9.6g	2.4g
Sodium:	356mg	89mg
Potassium:	1248mg	312mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.