



Prawn & Chicken Fried Rice - NEW

Classic fried rice tossed with tender chicken, juicy prawns and fresh vegetables for a flavour-packed meal.



Ingredients

Fried Rice (61%) (Water, White Cabbage (12%), Jasmine Rice (9%), Carrot (8%), Celery (4%), Onion (3%), Sweet **Soy** Sauce (**Wheat**), Garlic, Low Sodium Salt (Potassium Chloride), **Sesame** Oil (**Soy, Sesame**), Canola Oil, Salt, **Fish** Sauce (Anchovy (**Fish**), Salt, Sugar), Chicken Flavour Blend (Southern Ocean Sea Salt, Maize Maltodextrin, Yeast Extract, Natural Vegetable Flavours, Turmeric Ground Madras, Dehydrated Vegetables (Onion), Vegetable Oil, Cane Sugar), Vegetable Protein Extract (**Soy**), Pepper), Marinated Chicken (21%) (Chicken Breast (21%), Sweet **Soy** Sauce (**Wheat**), Low Sodium Salt (Potassium Chloride), Canola Oil), Marinated Prawn (15%) (Prawn (15%) (**Crustacea**), Sweet **Soy** Sauce (**Wheat**), Canola Oil), Fried Shallot (1.5%) (Shallots, Palm Oil, Corn Flour), Spring Onion (1.5%).

CONTAINS GLUTEN, WHEAT, CRUSTACEA, FISH, SOY, SESAME.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1500kj (360Cal)	375kJ (90Cal)
Protein:	29.8g	7.5g
Fat, Total:	6.2g	1.5g
--Saturated:	1.7g	0.4g
Carbohydrates:	42.3g	10.6g
--Sugars:	10.6g	2.7g
Dietary Fibre:	4g	1g
Sodium:	992mg	248mg
Potassium:	752mg	188mg

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.