



Indian Chicken Stew

EN Ingredients: Rice, chicken 13 %, vegetables (tomato, green beans, red pepper, onion), palm fat, modified potato starch, sugar, apple, spices (curry, cumin, garlic), salt, flavoring, maltodextrin, pineapple, ginger, acid: citric acid.

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: 146 g

Shelf life: 36 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)	1851 kJ	2702 kJ
Energy (kcal)	442 kcal	645 kcal
Fat	15 g	22 g
of which saturated fat	9,1 g	13 g
Carbohydrate	58 g	85 g
of which sugars	16 g	23 g
Fiber	3,7 g	5,4 g
Protein	17 g	25 g
Salt	2.7 g	3,9 g



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