



Pramod's Chicken Curry

Delicious Nepalese inspired tender chicken and vegetable curry is served with sweet potato and a mix of white rice and peas.



Ingredients

Chicken Curry (63%) [Chicken, Onions, Water, Broccoli, Carrots, Potatoes, Cauliflower, Beans, Tomatoes, Garlic, Canola Oil, Ginger, Lemon Juice, Mild Curry Powder (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Chicken Stock Powder (Sea Salt, Rice Flour, Maize Maltodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chilli) Coriander, Garam Masala (Wheat, Gluten), Cumin, Cardamom, Chilli, Cloves], White Rice, Sweet Potatoes, Peas. CONTAINS GLUTEN, WHEAT. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1712kj (411Cal)	428kJ (103Cal)
Protein:	31.2g	7.8g
Fat, Total:	14.4g	3.6g
--Saturated:	4.4g	1.1g
Carbohydrates:	35.6g	8.9g
--Sugars:	6.4g	1.6g
Dietary Fibre:	6.4g	1.6g
Sodium:	552mg	138mg
Potassium:	824mg	206mg

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.