



## 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.

A delicious Dairy Free chicken curry that is also Heart Friendly! This is a tasty curry which is sure to satisfy.



## 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**), Cumin, Cardamon, Chilli, Cloves], White Rice, Sweet Potatoes, Peas. **CONTAINS GLUTEN, WHEAT. MAY CONTAIN PEANUT, ALMOND, 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 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1712kJ (411Cal)	428kJ (103Cal)
Protein:	39.6g	9.9g
Fat, Total:	13.2g	3.3g
--Saturated:	4g	1g
Carbohydrates:	33.6g	8.4g
--Sugars:	7.2g	1.8g
Dietary Fibre:	10g	2.5g
Sodium:	552mg	138mg
Potassium:	824mg	206mg

## 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.