

Legal Name
Marinated chicken and spring onion on wooden skewers with a teriyaki glaze sachet

Ingredient Declaration
<p>Ingredients: chicken skewer (chicken 1 (62%), spring onion (25%), water, tapioca starch, soy sauce [water, soya bean, wheat, salt], sugar, rice vinegar [water, rice], ginger), teriyaki glaze (15%) (sugar, soy sauce [water, soya bean, wheat, salt], water, mirin [water, rice, alcohol], tapioca starch, sake [water, rice, alcohol], yeast extract, colour: plain caramel; rice, gelling agent: apple pectin.</p> <p>1For sourcing information, please visit our website.</p>

Allergy statement
<p>Allergy advice: for allergens, including cereals containing gluten, see ingredients in bold. May contain celery, sesame, egg and mollusc.</p>

Preparation Instructions
<p>Cooking instructions [from frozen]. Oven: 1. Preheat oven to 200C (fan). 2. Place sachet of teriyaki glaze into a bowl of hot water. 3. Place skewers on a baking tray lined with baking parchment. 4. Place in the centre of the oven, cook for 15 mins. 5. Remove from the oven. 6. Open teriyaki glaze sachet and pour glaze over skewers evenly. 7. Return to oven for further 2-3 mins until sticky and glazed. 8. To serve, spoon over any remaining glaze on tray over the skewers.</p> <p><i>For guidance only, cooking appliances will vary. Please</i></p>

Consumer Information
High in

Nutritional Information	
Typical nutritional values as sold per:	100g
Energy (kJ)	63
Energy (kcal)	15
Fat (g)	5.
of which saturates (g)	1.
Carbohydrate (g)	1
of which sugars (g)	8.
Fibre (g)	1
Protein (g)	14
Salt (g)	0.

Serving size:	7
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ensure chicken skewers are cooked until piping hot. Do not re-heat once cooked.

