

Ingredients: Thai Green Curry Sauce (21%) (Coconut Milk (Coconut Extract, Water), Water, Onion, Lemongrass, Coriander, Ginger, Garlic, Rapeseed Oil, Green Chilli, Sea Salt, Cornflour, Lime Leaves, Lime Juice Concentrate, Brown Sugar, Super Greens Superfood Mix (0.2%) (Barley Grass Powder, Chlorella Powder, Spirulina Powder, Wheatgrass Powder)), Mushroom (17%), Brown Rice (16%), Carrot (14%), Fried Tempeh Cubes (11%) (**SOY** beans, Water, Tempeh Culture (Rice Flour, Inoculum, Sunflower Oil), Sugar Snap Peas (9%), Edamame Beans (**SOY**) (6%), Corn (6%). (Allergens in **BOLD**)

NUTRITIONALS

*Reference intake of an average adult (8400kJ/2000kcal). ^1 portion = 350g.

Typical Values	Per 100g	RI%*	Per 350g^	RI%*
Energy (kJ/kcal)	399/95	5%	1397/333	18%
Fat (g)	3.6	5%	13	18%
of which saturates (g)	1.4	7%	4.9	25%
Carbohydrates (g)	9.6	4%	34	14%
of which sugars (g)	2.4	2%	8.4	7%
Fibre (g)	2.1		7.4	
Protein (g)	5.1	10%	18	35%
Salt (g)	0.46	8%	1.61	28%
Vitamin A (µg)	281	35%	984	123%
Folate (µg)	28	14%	98	49%
Biotin (µg)	8.5	17%	30	60%
Manganese (mg)	0.5	27%	1.75	95%
Vitamin B6 (mg)	0.29	20%	1.02	70%
Copper (mg)	0.19	19%	0.67	67%



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Keep Frozen -18°C.
Once defrosted
do not refreeze.

350g e

Best Before End

