



Nutri Harvest

Sustainably grown, nutritiously made

CHICKEN CASSEROLE

Nutritional Information	Per 100g
Energy (KJ)	1590
Protein (g)	23,8
Carbohydrate (g)	52
Of which total sugar (g)	2
Total fat (g)	9,2
Of which saturated	2
Of which Mono-unsaturated	3,8
Of which poly-unsaturated	2,4
Of which Trans fat	1,2
Dietary Fibre (g)	61
Total sodium (mg)	2450



JUST ADD WATER



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Ingredients: Rice, Texturized vegetable protein (Soya), Wheat flour, Vegetable fat, Salt, Maize, Starch, Sugar, HVP, Mixed vegetables, Herbs and Spices, monosodium glutamate(E621), Yeast extracts, Flavour enhancers, anticaking agent, preservatives. Allergens: Celery, Colorant, Egg, Gluten.

Add 1 500g Chicken Casserole to 2 litres of water. Bring to the boil while stirring regularly for 30 minutes. Allow to simmer on low heat for a further 20 minutes and serve. Additional ingredients may be added if desired

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