

300g

Thai Yellow Chicken Curry

Tangy Thai yellow chicken curry with cauliflower and spinach.

Free range chicken thigh (58.5%), Cauliflower (25.1%), Coconut Milk (25.1%), MCT OIL (8.4%), Spinach (8.4%), Onions (6.7%), Capsicum (5.8%), Red Chilli (2.5%), Lemongrass (0.84%), Garlic (0.84%), Tamarind Puree (0.84%), Ginger Paste (0.84%), Pink salt (0.67%), Cumin seeds (0.17%), Coriander seeds (0.17%), Turmeric (0.17%), Kaffir Lime Leaves (0.08%)

NUTRITION INFORMATION TYPICAL VALUES		
SERVINGS PER PACKAGE: 1		
SERVING SIZE : 300g		
	Per serving	Per 100g
Energy	2174kJ	725kJ
	520Cal	173Cal
Protein	35.7g	11.9g
Fat, total	37.5g	12.5g
- saturated	29.1g	9.7g
Carbohydrate	8g	2.7g
- sugars	5.6g	1.9g
Sodium	959mg	320mg

All values are considered averages unless otherwise indicated