



Outdoor Meal

Rice with asparagus and chicken

art no 7601 (SE/NO/DK/EN/FI)

art no 7647 (EN/DE/FR/ES)

Ingredients:

Rice [51 %], palm fat, chicken [8.9 %], green asparagus [6.1 %], **cream powder**, apple, modified potato starch, salt, onion, flavouring, parsley, cayenne pepper.

Preparation:

1 Tear off the top and fold out the bottom

2 Add 400 ml of boiling water (level G)

3 Stir

4 Re-seal, wait 10 mins

Add more water if required.

Can be prepared using cold water, extend the time to > 30 mins

Nutritional declaration	Serving portion (approx 540 g)	Temperature	Shelf life
		22	3 years
		37	4 months*
		50	1 month*
Energy (kJ)	2750 kJ	* The product is safe to eat within 3 years. The specified shelf life is for product with maintained taste quality.	
Energy (kcal)	650 kcal		
Fat	22 g		
of which saturated fat	14 g		
Carbohydrate	92 g		
of which sugars	8,5 g		
Fiber	2 g		
Protein	20 g		
Salt	4,3 g		



The composition of the product can change. Therefore, read always the ingredient list on the product.

Marketed by Continental Foods Sweden AB,
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