

PROCEEDS FROM THE SALE OF THIS PRODUCT ARE USED TO PROVIDE MEALS TO THE MOST VULNERABLE MEMBERS OF OUR COMMUNITY.

CHICKEN BREYANI

RECIPE SUGGESTION:

Some cooked chicken pieces will go well with this dish. Add a touch of chutney with some banana slices on the side.

PREPARATION GUIDE:

~ MEAL FOR 4 ~

Cook all the ingredients with approx. 4.5 cups (1.125 L) boiling water. Cook until all the water has cooked away and the rice is done.

NUTRITIONAL INFO

TOTAL (g)
Serving / 100

Energy (kJ)	1101	1258
Protein (g)	13	14.6
Carbohydrates (g)	52	59
<i>of which total sugar (g)</i>	2	2.3
Total Fat	0.7	0.8
<i>of which total Saturated Fat</i>	0.2	0.2
Dietary Fibre (g)	0	0
Sodium (g)	0.1	0.2
Cholesterol (mg)	0.1	0.1
Potassium (mg)	173	198



INGREDIENTS:

Soy, Beans & Pulses,
Rice, Flavourings,
Spices, Dehydrated
vegetables, Monosodium
Glutamate, Sucrose,
Dextrose, Vegetable oil.
Allergens: Soy, Gluten.

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