

Article specification



JAPANESE STYLE VEGAN TERIYAKI WITH SOY CHUNKS

Vegan ready meal of soy chunks in spicy japanese style seasoned sauce and rice.

Ingredients:

42% cooked rice (water, basmati, jasmine rice mix, canola oil), water, bell pepper, 9% soy chunks (water, SOY PROTEIN CONCENTRATE, salt), soy sauce (water, SOY BEANS, WHEAT, salt), canola oil, raw cane sugar, sugar, onions, alcoholic rice drink (water, rice, WHEAT), spices, modified starch, fried onions (onions, sunflower oil, potato starch, salt), salt, apple cider vinegar, lime juice concentrate, paprika extract, distilled vinegar. The product may contain traces of EGG, MILK and SELLERY!

Allergens:

Contains: cereals containing gluten, soybeans

May contain traces of: eggs, milk, celery

Storage advice:

The best-before date stated on the sales packaging can only be adhered to with uninterrupted storage and transport from +2°C to +7°C.

Preparation advice:

How it works in the microwave:

Poke the foil of both bowls several times and then heat in the microwave (700 watts) for approx. 4 min.

Tip the bowls with rice onto the plate.

Arrange the sauce with the vegetables and soy chunks next to it. Enjoy your meal!

How it's done on the cooker:

Open both bowls and then put the rice and the sauce with vegetables and soy chunks in a pot or pan with a little oil.

Heat over medium heat, stirring occasionally.

Serve on a plate.

Enjoy your meal!

Attention: The cooking time may vary depending on the appliance.

Average nutrients	je 100 g		je 420 g	
Calorific value:	582 kJ	/ 139 kcal	2444 kJ	/ 584 kcal
Fat:	4,3 g		18,9 g	
of which saturated fat:	0,4 g		1,8 g	
Carbohydrates:	19,5 g		85,8 g	
of which sugar:	5,5 g		24,2 g	
Fibre:	2,1 g		9,2 g	
Protein:	4,4 g		19,4 g	
Salt:	1,10 g		4,84 g	