

99237 | The Authentic Food Company Ltd | 12-350g

The Authentic Food Company Green Thai Chicken Curry

Pieces of cooked chicken breast in a hot traditional Thai style green coconut curry sauce with bamboo shoots and green beans.



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Description

Unique Marketing Statement	Pieces of cooked chicken breast in a hot traditional Thai style green coconut curry sauce with bamboo shoots and green beans.
Brand Name	The Authentic Food Company Ltd
Country of Origin	United Kingdom

Ingredients

Ingredients	Water, Cooked Chicken (28%) (Chicken Breast, Tapioca Starch, Salt), Creamed Coconut (10%) (Coconut, Water), Single Cream (MILK) (7%), Bamboo Shoots (6%), Green Beans (4.5%), Rapeseed Oil, Green Curry Paste (Green Chilli Purée, Lemongrass, Garlic Purée, Salt, Ginger Purée, Sunflower Oil, Spices (Ground Coriander, Ground Black Pepper, Ground Cumin, Turmeric Powder), Lime Zest), Sugar, Modified Maize Starch, Spinach, Green Chilli Purée, Thai Basil, Coriander Leaf, Ginger Purée (Rehydrated Ginger (Water, Ginger Granules), Acidity Regulator (Citric Acid (E330))), Spices (Ground Coriander, Ground Cumin), Galangal, Garlic Purée, Lemongrass, Lime Leaf.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	12
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	494 kJ
Energy (Kilocalories)	118 kcal
Fat, Total	7.3 g
Saturated	3.0 g
Carbohydrate	2.7 g
Sugars	2.7 g
Dietary Fibre, Total	1.1 g
Protein, Total	9.7 g
Salt	0.458 g
Sodium	183 mg

Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
Wheat (as an ingredient)	Does NOT Contain
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Contains
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	No
Suitable for Vegetarian	No
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	No
Reconstitution Instructions	Ensure product is piping hot before serving.
Defrosting Instructions	n/a
Oven	n/a
Oven From Frozen	Cook from Frozen: Oven (200°C/400°F/Gas Mark 6): Puncture film in 2 or 3 places. Place tray in pre heated oven, middle shelf and cook for 20-25 minutes, stir product, continue cooking for a further 10-15 minutes. Ensure product is piping hot before serving.
Microwave Instructions	Microwave (1800W): Cook from Frozen; Place product in/on a microwaveable plate or bowl pierce film several times and heat at full power for 4 minutes, allow to stand for 1 minute, then continue heating for a further 1 minute, ensure product is piping hot before serving.
Fry	NANA
Grill	NA
Other	Hob: Cook from Frozen; Place pouch into a pan of simmering water and cook for 20 minutes, carefully remove pouch from pan, cut open and pour contents on to a serving plate/dish. Ensure product is piping hot before serving.NANA

Packaging

Do you have any packaging environmental claims?	No environmental packaging claim
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