



# Chicken cutlet with potato wedges

4 ½ ¹
COOKING TIME

300g € 4 PLATES PER BOX

# **Cutlet ingredients**

Chicken breast 66%, breadcrumbs, peanut oil, sunflower oil, wheat starch, salt, flavourings.

### **Vegetable ingredients**

Pre-fried potatoes (potato 94%), palm oil, extra virgin olive oil, salt, rosemary, sage, garlic.

## Average nutritional values per 100 g

Energy kJ 677 – Energy kcal 160 – Fats g 3,7 of which saturated fats g 0,5 – Carbohydrates g 23,0 of which sugars g 0,7 – Fibres g 0,5 – Proteins g 8,5 – Salt g 1,53

### **Preparation**

Microwave oven (750w):  $4 \frac{1}{2}$  min in a closed package and still frozen.

