



X116



Sliced chicken with barley and vegetables



5'

COOKING TIME



300g e

4 PLATES PER BOX

Ingredients (pasta)

Pearl barley 41%, sliced chicken 33%, grilled courgettes 6.5%, prefried aubergines 4%, carrots 4%, grilled red and yellow peppers 4%, peas 3%, extra virgin olive oil, sunflower oil, salt.

May contain: **milk, egg, soya and celery.**

Average nutritional values per 100 g

Energy kJ 565 – Energy kcal 134 – Fats g 3,2 of which saturated fats g 1,6- Carbohydrates g 16,8 of which sugars g 0,86 – Fibres g 3,0 – Proteins g 8,1 – Salt g 0,89

Preparation

Microwave oven (750w): **5 min** in a closed package and still frozen.

