



# Kawakawa, Tomato & Chicken Tagine 300g

- 44% Free Range Chicken
- Good Source of Protein - 21.5g per serve
- No Artificial Colourings
- No Artificial Flavourings
- Gluten Free
- Halal



## PRODUCT DESCRIPTION

NZ Free Range Chicken in a rich tomato based sauce, seasoned with NZ Kawakawa leaf.

## SERVING SUGGESTIONS

A tender Chicken casserole balanced with the floral bitter notes of Kawakawa and pungent spices. This combination is best accompanied with fresh steamed courgettes, sauteed broccoli or your favourite flat bread wrap. Heat and serve with finely chopped spring onions and fresh parsley leaves.

Alternatively, serve with baked kumara or squash, with fluffy couscous, creamy polenta, cooked brown rice or even spooned on a hot baked potato with a dollop of yoghurt to finish.

## SERVING INSTRUCTIONS

**STOVE TOP:** Empty contents into saucepan. Heat on medium to a simmer, stirring frequently. Heat for further 2-3 minutes, until starting to bubble. Remove from heat, tip into bowls and serve immediately.

**MICROWAVE:** Empty packet into a microwavable bowl. Cover. Heat on HIGH (1000W) for 2 minutes. Stir. Cover again and heat for a further minute until product is hot. Heating times can vary depending on microwave power.

## STORAGE

Keep chilled between 2°- 4°C. Refrigerate any remaining product in airtight container and use within 2 days.

Best Before date at the base of the pack.

## NUTRITION INFORMATION

Servings per pack: 2  
Serving Size: 150g

|                     | Average Quantity per serving | Average Quantity per 100g |
|---------------------|------------------------------|---------------------------|
| <b>Energy</b>       | 650kJ                        | 433kJ                     |
| <b>Protein</b>      | 21.5g                        | 14.3g                     |
| <b>Fat, Total</b>   | 3.3g                         | 2.2g                      |
| <b>- saturated</b>  | 0.9g                         | 0.6g                      |
| <b>Carbohydrate</b> | 9.5g                         | 6.3g                      |
| <b>- sugars</b>     | 5.4g                         | 3.6g                      |
| <b>Sodium</b>       | 344mg                        | 229mg                     |

## INGREDIENTS

Chicken (44%), Water, Tomato Paste (12%), Onion (8%), Carrot (4%), Garlic (3%), Potato (3%), Lemon Juice, Brown Sugar, Olive Oil, Salt, Yeast Extract, Thickener (Xanthan Gum), Spices, Kawakawa Leaf (0.3%), Herb.

## MADE IN NEW ZEALAND

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