

PERI PERI CHICK'N

COOKING SUGGESTIONS



PAN FRY:

Once defrosted, add oil and cook on medium to high for 5-8 minutes or until crispy.

AIR FRY:



From frozen, cook Chick'n on high for 4 – 6 minutes or until crispy.

* Appliances vary considerably, please adjust cooking times if necessary.

DELICIOUSLY SIZZLIN'

INGREDIENTS:

Gluten, Water, Soy, Vegetable Oil, Salt, Rice Flour, Flavour Enhancer (621), Dextrose, Cornflour, HVP, Nutritional Yeast, White Vinegar, Sugar, Spices, Oregano, Coriander.

CONTAINS: Soy & Wheat.

MAY CONTAIN: Traces of Nuts & Seeds

NUTRITIONAL INFORMATION

Servings per pack: 2

Serving size: 100g

	Avg. qty per 100g	% Daily Intake* (Per serve)	Avg. qty per serve
ENERGY	962kJ	11%	962kJ
PROTEIN	24.5g	49%	24.5g
FAT, TOTAL	9.4g	13%	9.4g
- SATURATED	1.6g	7%	1.6g
CARBOHYDRATE	11.6g	4%	11.6g
- SUGARS	2.7g	3%	2.7g
SODIUM	620mg	31%	620mg
DIETARY FIBRE	0.5mg	2%	0.5mg
POTASSIUM	130mg	3%	130mg
		% RDI** (Per serve)	
CALCIUM	42mg	4%	42mg
IRON	19mg	106%	19mg
THIAMIN (VIT B1)	1.3mg	108%	1.3mg
RIBOFLAVIN (VIT B2)	1.2mg	92%	1.2mg
NIACIN	7.1mg	44%	7.1mg
VITAMIN B6	1.2mg	92%	1.2mg
VITAMIN B12	0.58µg	24%	0.58µg
PHOSPHORUS	89mg	9%	89mg
ZINC	18mg	129%	18mg

* Percentage of daily intakes are based on an average adult diet of 8700kJ.
** Percentage recommended dietary intake (AU/NZ).



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