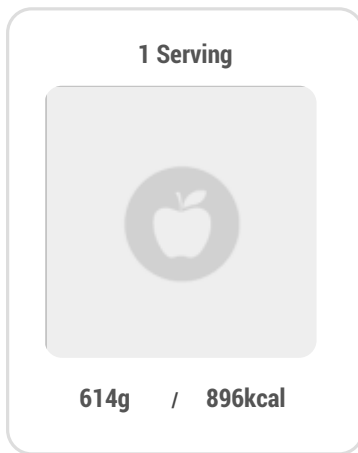


Recipe Ingredients ...	Quantity:	Description:
Rice, brown, wholegrain, boiled in unsalted water	210g	2.6x Small portion
Chicken, boiled, white meat only	150g	1x large fillet
Carrots, old, raw	40g	1.3x baby carrot
Cucumber, raw, flesh and skin	40g	0.7x 1/2 cup slices
Beansprouts, mung, raw	20g	0.2x cup
Egg, fried in sunflower oil	60g	1x Average Portion
Tesco Traditional Pickled Onions 440G	20g	0x Pack
Peanuts, roasted and salted	20g	1.5x 10 kernels, with skin
Yeo's Satay Sauce 250ml	50g	0.2x Per pack
Coriander, fresh, raw	4g	1x Average Portion

Portions / Pack Sizes ...



Ingredient List (QUID) ...

Brown rice (34.2%), Chicken (24.4%), **Eggs** (9.8%), Yeo's Satay Sauce 250ml (8.1%) [Coconut Extract, Onion, **Peanut** (13%), Water, Sugar, Palm Oil, Tamarind Extract, Spices, Chilli Powder, Salt, Thickener: E1442], Cucumber (6.5%), Carrots (6.5%), Roasted **Peanuts** (3.3%), Tesco Traditional Pickled Onions 440G (3.3%) [Onion, Water, Spirit Vinegar, Salt, Malted **Barley** Extract, Flavouring, Preservative (Sodium **Metabisulphite**)], Beansprouts (3.3%), Coriander (0.65%)