



Outdoors Grub

www.outdoorsgrub.co.uk

Sales Tel: 0800 567 7152

MX3 Aventure

Ingredients and Nutrition

Chicken Colombo and Rice

Ingredients

Precooked rice (67%), chicken (12.5%), vegetable palm oil (contains lactose and milk proteins), chicken fat powder (contains potato, maltodextrin, milk protein, rosemary extract), spices and herbs, celery, courgette, onion, garlic, flavours (contains gluten), lemon

Nutritional Information

Energy	636 kcal
Carbohydrates	60.2g per 100g
Protein	16g per 100g
Fat	13.2g per 100g

Red Curry Noodles and Shrimp

Ingredients

Chinese noodles (54%, contain wheat flour, vegetable oil, water, salt, mineral salts, E339, E450, E451, E452, E500, E501, guar, peanut), milk powder (contains soya lecithin), vegetable palm oil (contains milk), green peas, red pepper, black mushroom, carrot, paprika, coriander, curry, cumin, parsley, flavours, modified potato starch, whole shrimp (1.8%), sugar, salt, onion, garlic, flavour enhancer: monosodium glutamate

Nutritional Information

Energy	579 kcal
Carbohydrates	60.7g per 100g
Protein	12.2g per 100g
Fat	19g per 100g