



Chicken cutlet with potato wedges

4 ½ '
COOKING TIME

1,32Kg ⊖

Cutlet ingredients

Chicken breast 66%, breadcrumbs, peanut oil, sunflower oil, wheat starch, salt, flavourings.

Vegetable ingredients

Pre-fried potatoes (potato 94%), palm oil, extra virgin olive oil, salt, rosemary, sage, garlic.

Average nutritional values per 100 g

Energy kJ 677 – Energy kcal 160 – Fats g 3,7 of which saturated fats g 0,5 – Carbohydrates g 23,0 of which sugars g 0,7 – Fibres g 0,5 – Proteins g 8,5 – Salt g 1,53

Preparation

Microwave oven (750w): $4 \frac{1}{2}$ min in a closed package and still frozen.

