

Knorr Mealmaker Chicken Casserole 48g



EAN

5011002603248

Target market(s)

GB, IE

Components

Ingredients

Corn Starch

Iodised Salt

Flavourings

Onion Powder† (5.7%)

Tomato Puree Powder (4.3%) †

Sugar

Yeast Extract

Paprika

WHEAT Flour

Herbs (Parsley, Sage†, Thyme†, Marjoram)

BARLEY Malt Extract

Salt

Lemon Juice Powder (Sugar, Lemon Juice, Salt)

†From Sustainable Agriculture

Allergy Text

May contain Celery, Eggs, Milk, Mustard, Soy and other Cereals containing Gluten.

Made to vegan standards, see ingredients section for allergen information.

Nutrition

	Per 100g as sold	Per portion**	%* per portion**
Energy	1399kJ/ 331kcal	1182kJ/ 282kcal	14%
Fat	2.0g	5.0g	7%
of which saturates	0.7g	0.9g	5%
Carbohydrate	6.9g	23g	9%
of which sugars	8.0g	9.0g	10%
Fibre	3.5g	5.7g	
Protein	5.6g	35g	70%
Salt	11.0g	1.6g	27%

*% of the Reference Intake of an average adult (8400 kJ / 2000 kcal)

** 1 portion = 1/4 of the prepared recipe (according to shopping list)

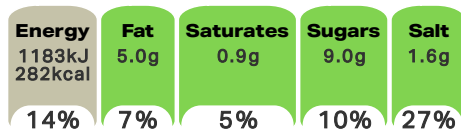
Calculated Nutrition

	per 100g	Per portion
Energy (kJ)	1399	1182
Energy (kcal)	331	282
Fat (g)	2	5
of which saturates (g)	0.7	0.9
Carbohydrate (g)	6.9	23
of which sugars (g)	8	9
Fibre (g)	3.5	5.7
Protein (g)	5.6	35
Salt (g)	11	1.6

Front of Pack Nutrition

Per Portion

Per portion (1/4 of the prepared recipe)



Energy per 100g as sold: 1399kJ/331kcal

% of Reference Intake of an average adult (8400 kJ / 2000 kcal)

Nutrition Other Text

% of Reference Intake of an average adult (8400 kJ / 2000kcal)

1 portion = 1/4 of the prepared recipe (according to shopping list)

Reference Intake Statement

Reference Intake Statement - % of Reference Intake of an average adult (8400 kJ / 2000kcal)

Product Description

Brand

Knorr

Features

Free from artificial colours
Free from artificial preservatives
European Vegetarian Union
Suitable for Vegans

Standardised Brand

Brand - Knorr

Regulated Product Name

Chicken Casserole Recipe Mix

Marketing

Company Name

Unilever Ireland / Unilever UK

Company Address

Unilever Ireland,
20 Riverwalk,
Citywest,
Dublin 24.

Unilever UK,
Freepost,
ADM3940,
London,
SW1A 1YR.

Third Party Logos

- FSC
- Mobius Loop
- V-Label (European Vegetarian Union)

Product Marketing

Our Knorr chefs have created this unique chicken casserole blend with paprika and herbs so you can turn your chicken, carrots and onions into a tasty and satisfying dish.

Brand Marketing

Our Knorr chefs believe that great tasting and high quality ingredients come from a conscious use of agricultural resources.

Other Information

V-Label (European Vegetarian Union) - Vegan, V-LABEL.EU
FSC - FSC® Mix, Packaging / Supporting responsible forestry, FSC® C157745, www.fsc.org

Knorr, Unilever and the U device are registered trademarks

Further Description

To learn more please visit www.knorr.ie.

Health & Lifestyle

Lifestyle

- Suitable for Vegans
- Suitable for Vegetarians

Allergy Advice

Barley - Contains
Celery - May Contain
Cereals Containing Gluten - May Contain
Eggs - May Contain
Milk - May Contain
Mustard - May Contain
Soya - May Contain
Wheat - Contains

Additives

Artificial Colours - Free From
Artificial Preservatives - Free From

Storage & Usage

Storage Type

Type

Ambient

Preparation and Usage

Shopping list:

4 skinless chicken legs

1 onion

3-4 bacon rashers

3 carrots

1 potato

To serve: 320g broccoli (steamed)

Storage

Store in a cool, dry place

Date Marking Type

- Best Before

Recipes

For this recipe you will need:

1 tbsp vegetable oil, 4 skinless chicken legs, 1 onion (chopped), 3-4 bacon rashers (chopped), 4 carrots (thinly sliced), 1 potato (diced), 400ml water.

To serve: 320g broccoli (steamed)

Cooking Instructions:

1) Preheat the oven to 180 degrees / 170 degrees fan assisted, Gas mark 4.

2) Heat the oil in a frying pan and brown the chicken on both sides, place in a casserole dish. Fry the onion and bacon until golden.

3) Scatter the onion, bacon, carrots and potato over the chicken. Blend the contents of the sachet with 400ml water and add to the casserole dish

4) Cover and cook in the oven for 1 hour or until the chicken is cooked through. Delicious served with steamed broccoli.

Brandbank Captured Pack Data

Pack Size

0.11lbs e

Numeric Size

Numeric Size - 0.11

Pack Type

Type - Sachet

Recycling Other Text

Recyclable Paper Packaging

Usage Count

Number of uses - Servings

4

Usage Other Text

4 Portions

Customer Services

Manufacturers Address

Unilever Ireland,
20 Riverwalk,
Citywest,
Dublin 24.

Unilever UK,
Freepost,
ADM3940,
London,
SW1A 1YR.

Return To

Unilever Ireland,
20 Riverwalk,
Citywest,
Dublin 24.

Unilever UK,
Freepost,
ADM3940,
London,
SW1A 1YR.

Any comments or questions?
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(UK) Freephone 0800 731 1411
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UKIcare@unilever.com
www.knorr.ie / www.knorr.com/uk

Telephone Helpline

(IE) 1800 70 80 50
(UK) 0800 731 1411

Email Helpline

UKIcare@unilever.com

Web Address

www.knorr.ie
www.knorr.com/uk

Extended Data

Description Breakdown

Functional Name - Chicken Casserole



NUTRITION INFORMATION (Typical Values)	Per 100g as sold	Per portion**	%* per portion**
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Salt	11.0g	1.6g	27%

*% of Reference Intake of an average adult (8400 kJ / 2000 kcal)

** 1 portion = 1/4 of the prepared recipe

Ingredients: Corn starch, iodised salt, flavourings, onion powder[†] (5.7%), tomato puree powder (4.3%)[†], sugar, yeast extract, paprika, **WHEAT** flour, herbs (parsley, sage[†], thyme[†], marjoram), **BARLEY** malt extract, salt, lemon juice powder (sugar, lemon juice, salt). May contain celery, eggs, milk, mustard, soy and other cereals containing gluten.

Made to vegan standards, see ingredients section for allergen information.

[†] From sustainable agriculture