

Funky Chyck'n Bites



Cooking instructions:

Fry for a couple of minutes in a lightly oiled pan over a medium heat, turning regularly.

Alternatively, cook in a preheated oven at 180°C for 10 minutes.

If cooking from frozen, break the bites apart and increase cooking time to 13-15 minutes. Cooking appliances vary – always ensure food is piping hot before serving.

Serving suggestion:

A healthier alternative to chicken nuggets: delicious served with chips and ketchup or vegan mayo.

Alternatively, go crazy with all your favourite salad veg and top with Funky Chyck'n Bites for a savoury protein punch.

Nutrition info:

Breadcrumb Coating (**Wheat** Flour (Calcium Carbonate, Niacin, Iron, Thiamine), Rapeseed Oil, Water, Salt, Yeast), Water, **Wheat** Gluten, **Soy** Sauce (**Soy** Extract (Water, **Soybeans**, Salt, **Wheat**), Sugar, Salt, Acidity Regulator: Acetic Acid), Chick Pea Flour, Nutritional Yeast, Garlic Granules, Chicken Seasoning (Vegan), Onion Powder.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

Typical values	per 100 g	per 100g serving
Energy	1078kJ 257kcal	1078kJ 257kcal
Fat	9.2g	9.2g
of which saturates	0.7g	0.7g
Carbohydrate	21g	21g
of which sugars	2.5g	2.5g
Protein	22g	22g
Salt	2.1g	2.1g