

# Nando's Peri Peri Meal Kit Cornflake Chicken

All About Food



3.73 Reviewer Rating

out of 5

52 Reviewers



CMR Ref: 190442

# 40

Score out of 50

Average for the category: 40

### Verdict

Expectations were high for this product as over three quarters considered it an 'exciting new idea'. After tasting reviewers liked all the different textures, the "soft" rice, the "crunchy" cornflakes and the "tasty" Peri-Peri sauce. A handy, easy-to-use pack which was considered by over a third for sharing as well as a 'weekend treat'.

Price **£3.50**

Weight / Volume **496g**

## Tried & Tested by people like you...

Consumer Reviews	Star Rating	% Who Rated	Reviewer Comments*
	★★★★★	19%	Really liked this lovely flavour and aftertaste chicken just a nice texture Great different idea Very crunchy
	★★★★☆	52%	Great idea and plenty taste not keen on the coating on chicken Chicken is moist and the rice is soft, overall good taste Something different
	★★★☆☆	17%	A different idea for a meal. Not too sure about the cornflakes. The rice is not the best tasting. Would much prefer to do it all myself if the coating sauce Expensive for what it is Rice no flavour, non tasting cornflakes, expensive for what it is just for a few items
	★★☆☆☆	6%	A good product but expensive when you still have the main ingredient to buy I feel this meal would be better made from scratch. Rice was very bland nothing to write home about.
	★☆☆☆☆	6%	Bland and overpriced Expensive. Would prefer to make my own with cheaper ingredients Too dry not much flavour

\* Reported verbatim as made by our reviewers

### Ingredients

Lemon & Herb Microwave Rice: Cooked Long Grain Rice (93%) (Water, Long Grain Rice), Lemon Juice, Sunflower Oil, Salt, Flavouring, Dried Parsley, Peri-Peri Cooking Sauce: Water, Onion Puree, Tomato Paste, Garlic Puree, Lemon Puree, Sunflower Seed Oil, Sugar, Distilled Vinegar, Acidity Regulators (Sodium Lactate, Lactic Acid), Salt, Paprika, African Bird's Eye Chilli, Tamarind, Molasses, Stabilisers (Xanthan Gum, Guar Gum), Thickener (Modified Corn Starch), Spice Extract (Paprika), Mini Cornflakes: Maize, Sugar, Malted Barley Extract, Salt, Perinaise Sachets: Water, Rapeseed Oil, Sugar, Vinegar (Distilled Vinegar, Cider Vinegar), Corn Starch, Egg and Egg Yolks, Salt, Medium Peri-Peri Sauce (Water, Distilled Vinegar, Onion Puree, Salt, Lemon Puree, Sunflower Seed Oil,

### Nutrition per 100 g/ml

Energy (Kcal)	Total Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
193	4.6	0.5	34.3	3.1	2.5	2.9	1.07

### Recommended Daily Allowance (%)

Energy (Kcal)	Total Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
10%	7%	3%	13%	3%	10%	6%	18%

Daily Intake percentages are based on the requirements for an average female with no special dietary requirements and an assumed energy intake of 2000 kcal.