



## Economy - Satay Lamb

Aromatic Malaysian style lamb satay is a favourite with creamy coconut sauce served with fluffy rice and sweet raisins, beans, corn and carrot.



### Ingredients

Ingredients: Lamb (23%), Water, Carrots, Green beans, Sweetcorn, Rice, Sunflower Seeds, Onion, Capsicum, Raisins, Coconut cream, Tomato, Canola oil, Lemon juice, Soya extract, Ginger, Garlic, Sugar, Maize starch, Booster (Natural vegetable flavours, Dextrose, Maltodextrin, Yeast extract, Vegetable protein extract, Flavour enhancers (627, 631), Dehydrated Vegetables (Onion, Garlic), Vegetable oil (Cottonseed)), Tapioca starch, Salt, Turmeric, Cumin, Paprika, Chilli powder, Chinese five spice, Black pepper, Vegetable gum (415). THIS MEAL CONTAINS SOY PRODUCTS, COCONUT, SESAME SEEDS, CORN, YEAST

### Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1588kj (381Cal)	441kJ (106Cal)
Protein:	27.2g	7.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	14.7g	4.1g
--Saturated:	2.5g	0.7g
Carbohydrates:	35.2g	9.8g
--Sugars:	9.8g	2.7g
Dietary Fibre:	6.5g	1.8g
Folate:	79.3ug (40% RDI)	22ug
Sodium:	138mg	38mg
Potassium:	705mg	196mg
Phosphorus:	368mg (37% RDI)	102mg

#### Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.