



Fisherman's Pie

Tasty fish pieces with seasonal vegetables in a creamy sauce with potato mash, broccoli and sweet potato.



Ingredients

Perch (25%), Potato, Broccoli, Sweet Potato, Milk, Water, Onion, Carrots, Peas, Celery, Oil, Gluten Free Flour, Gluten Free Breadcrumbs, Garlic, Stock Powder, Lemon Peel, Cheese, Tapioca, Parsley, Salt, Pepper, Dill.
THIS MEAL MAY CONTAIN FRAGMENTS OF BONE. CONTAINS: FISH, MILK PRODUCTS

Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1140kj (273Cal)	285kJ (68Cal)
Protein:	26g	6.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	4g	1g
--Saturated:	0.8g	0.2g
Carbohydrates:	29.6g	7.4g
--Sugars:	8g	2g
Dietary Fibre:	6g	1.5g
Folate:	84ug (42% RDI)	21ug
Sodium:	300mg	75mg
Potassium:	1096mg	274mg
Phosphorus:	325mg (32% RDI)	81mg

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.