



## Moroccan Vegetable Tagine

A delicious vegetable casserole, flavoured with tomato and mild Moroccan spices, served with couscous, broccoli and carrot rounds.



### Ingredients

Water, Couscous, Carrots (11%), Tomato (9%), Broccoli (8%), Beans (8%), Potato (4%), Pumpkin (4%), Sweet Potato (4%), Chickpeas, Cauliflower (3%), Zucchini (3%), Onions (2%), Tomato Paste, Tapioca, Oil, Garlic, Vegetable Stock Powder (Southern Ocean Sea Salt, Corn/Maize Maltodextrin, Cane Sugar, Yeast Extract, Dehydrated Vegetables ( Onion, Celery, Garlic, Spinach), Natural Vegetable Flavours, Disodium Guanylate and Inosinate, Canola Oil, Chilli), Parsley, Cinnamon, Coriander, Cumin, Salt, Pepper. CONTAINS GLUTEN, YEAST PRODUCTS

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	620kj (149Cal)	155kJ (37Cal)
Protein:	6g	1.5g
Fat, Total:	2.4g	0.6g
--Saturated:	0.4g	0.1g
Carbohydrates:	22g	5.5g
--Sugars:	7.2g	1.8g
Dietary Fibre:	7.2g	1.8g
Folate:	82.8ug (41% RDI)	20.7ug
Sodium:	200mg	50mg
Potassium:	640mg	160mg
Phosphorus:	105mg (11% RDI)	26mg

#### 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.