



## Redcurrant Lamb with Potato Bake

Tender lamb steak with a flavoursome red currant infused gravy served with delicious potato bake, green beans, peas and carrot rounds.



### Ingredients

Potato Bake (25%) [Potatoes (54%), Water, Milk, Gluten Free Flour, Cheese, Salt, Pepper], Lamb (23%), Redcurrant Glaze (18%) [Sugar, Water, Concentrated Redcurrant Juice (5.5%) (33% Reconstituted), Acidity Regulator (330, 331), Gelling Agent (440)], Gravy [Thickeners (1422, 415), Tapioca Starch, Milk Solids, Dehydrated Vegetables, Salt, Hydrolysed Vegetable Protein (Maize), Vegetable Oils, Colours (150d, 101), Glucose, Acidity Regulator (330), Mineral Salts (340, 451), Emulsifiers (471, 472e), Rice Flour, Spice Extract], Vinegar, Beans, Carrots, Peas. CONTAINS MILK PRODUCTS, CORN PRODUCTS, SULPHITE. MAY CONTAIN SOY, NUTS.

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1572kj (377Cal)	393kJ (94Cal)
Protein:	35.2g	8.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	10.8g	2.7g
--Saturated:	5.2g	1.3g
Carbohydrates:	30.8g	7.7g
--Sugars:	18g	4.5g
Dietary Fibre:	6.4g	1.6g
Folate:	13.2ug (7% RDI)	3.3ug
Sodium:	644mg	161mg
Potassium:	1100mg	275mg
Phosphorus:	307mg (31% RDI)	77mg

#### 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.