



Slow Cooked Persian Lamb

Tender casseroled lamb delicately spiced with cinnamon and paprika served with lentil and onion rice, carrots and beans.

Cous-cous has been around for centuries and is believed to have originated in Northern Africa. Rich in the trace mineral manganese, it plays a part in maintaining the health of bones, blood, hormones, nerve and brain function as well regulating metabolism and blood sugar.



Ingredients

Lamb Casserole (38%) [Lamb (22%), Onions, Prunes, Juice, Tomatoes, Raisins, Spice Glaze (Maltodextrin, Sugar, Herbs and Spices, Salt, Vegetable Gums {Xanthan, Methyl Cellulose, Guar} Natural Colour {Paprika Oleoresin}, Natural Flavour), Garlic, Ginger, Tapioca, Oil, Cinnamon, Paprika, Salt, Chilli Powder, Pepper], Lentil Rice [Rice, Lentils, Onion, Canola Oil], Carrots, Beans.

Nutritional Details

Nutritional Details	Regular Size 390g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1634kj (392Cal)	419kJ (100Cal)
Protein:	21.8g	5.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	12.9g	3.3g
--Saturated:	5.5g	1.4g
Carbohydrates:	43.7g	11.2g
--Sugars:	15.2g	3.9g
Dietary Fibre:	6.6g	1.7g
Sodium:	273mg	70mg
Potassium:	760mg	195mg
Phosphorus:	289mg (29% RDI)	74mg

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.