



Sri Lankan Fish Curry

A warming fish curry with aromatic spices is served with coconut rice, carrots, beans and broccoli.

Traditionally used in Western Herbal Medicine to aid digestion, Fenugreek has been used to boost testosterone levels and can also assist in increasing milk production in nursing mothers.



Ingredients

Fish Curry (38%) [Perch (17%), Water, Tomatoes, Light Coconut Milk, Onions, Garlic, Tamarind Paste, Curry Powder (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Fenugreek Seeds, Fennel Seeds, Mustard Seeds, Cinnamon, Chilli Powder, Coriander, Vegetable Oil], Rice [Rice, Water, Light Coconut Milk], Carrots, Beans, Broccoli. CONTAINS SEAFOOD.

Nutritional Details

Nutritional Details	Regular Size 390g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1287kj (309Cal)	330kJ (79Cal)
Protein:	25.3g	6.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	9.8g	2.5g
--Saturated:	3.1g	0.8g
Carbohydrates:	25.3g	6.5g
--Sugars:	9.4g	2.4g
Dietary Fibre:	8.2g	2.1g
Sodium:	230mg	59mg
Potassium:	772mg	198mg
Phosphorus:	281mg (28% RDI)	72mg

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.