



Aromatic Braised Lamb

Tender diced lamb delicately spiced with cinnamon, ginger and paprika, with potato bake, beans and sweet potato.

If you are looking for a tasty, warming meal that is Gluten Free, this meal is sure to warm you on a wintery night.



Ingredients

Braised Lamb (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], Potato Bake [Potatoes, Water, Skim Milk, Gluten Free Flour, Mozzarella Cheese, Tapioca, Salt, Pepper], Green Beans, Sweet Potato. CONTAINS MILK. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1808kj (434Cal)	452kJ (108Cal)
Protein:	24g	6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.2g	1.8g
--Saturated:	2g	0.5g
Carbohydrates:	39.2g	9.8g
--Sugars:	18.4g	4.6g
Dietary Fibre:	8.4g	2.1g
Sodium:	320mg	80mg
Potassium:	1120mg	280mg

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.