



## 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 and Low Sodium, 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 (**Milk**), Tapioca, Salt, Pepper), Green Beans, Sweet Potatoes.

**CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONE/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. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.