



Beef Casserole - NEW

A comforting dish of tender beef in rich sauce, topped with melted cheese and potato gems. Served with sweet corn and green peas.



Ingredients

Beef Casserole (60%) (Beef (30%), Water, Carrot, Celery, Onion, Tomato Paste (Acidity Regulator (330)), Tapioca Starch, Red Wine, Canola Oil, Vegetable Protein Extract (**Soy**, Maltodextrin (Corn)), Low Sodium Salt (Potassium Chloride), Salt, Garlic, Gravy Mix (Water, Gravy (Modified Tapioca Starch (1442)), Natural Flavours, Maize Maltodextrin, Modified Starch (1422), Tomato Paste (Acidity Regulator (330))), Pepper, Nutmeg), Peas (14%), Sweet Corn (14%), Potato Gems (9%) (Potato (88%), Canola Oil, Corn Starch, Salt, Dextrose (Maize)), Mozzarella Cheese (2%) (**Milk**, Anticaking Agent (460), Preservative (200)), Parmesan Cheese (1%) (**Milk**, Anticaking Agent (Tapioca Starch), Preservative (200)).

CONTAINS MILK, SOY. MAY CONTAIN EGG.

Nutritional Details

Nutritional Details	Regular Size 350g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1729kJ (415Cal)	494kJ (118Cal)
Protein:	33.4g	9.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	16.8g	4.8g
--Saturated:	6g	1.7g
Carbohydrates:	28.8g	8.2g
--Sugars:	5.5g	1.6g
Dietary Fibre:	6.9g	2g
Sodium:	672mg	192mg
Potassium:	889mg	254mg

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.