



Cottage Beef Pie

Prime minced beef simmered in gravy, topped with pastry, served with potato mash, peas and carrots

Minced beef provides a good source of the minerals iron and zinc. Iron is essential for the proper growth and development of the human body. It helps metabolise proteins and plays a role in the production of haemoglobin and red blood cells. Zinc maintains heart health by supporting blood vessels. Zinc also supports the immune system.



Ingredients

Cottage Pie (43%) (Beef (18%), Onion, Peas, Potatoes, Skim **Milk**, Tapioca, Worcestershire Sauce (Water, White Vinegar, Molasses, Onion, Salt, Garlic, Spices, Natural Flavours, Colour (150d)), Tomato Sauce (Tomatoes, Sugar, Salt, Food Acids (Acetic, Citric), Natural Flavour), Curry Powder (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Salt, Pepper), Potato Mash (Potatoes, Skim **Milk**, Tapioca, Salt, Pepper), Carrots, Peas, Puff Pastry [**Wheat** Flour, Water, Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, **Soy** Lecithin) Food Acid (330), Flavour, Antioxidant (307b), Colour (160a), Salt, Preservative 202, 281), Food Acid 330], Parsley.

CONTAINS GLUTEN, WHEAT, MILK, SOY. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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:	1568kJ (376Cal)	392kJ (94Cal)
Protein:	32.8g	8.2g
Fat, Total:	10.8g	2.7g
--Saturated:	4g	1g
Carbohydrates:	32g	8g
--Sugars:	9.2g	2.3g
Dietary Fibre:	8.8g	2.2g
Folate:	112ug (56% RDI)	28ug
Sodium:	480mg	120mg
Potassium:	1028mg	257mg
Phosphorus:	329mg (33% RDI)	82mg

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.