



## Economy - Satay Lamb

Aromatic Malaysian style lamb satay is a favourite with creamy coconut sauce served with fluffy rice and sweet raisins, beans, corn and carrot.

Unlike cow's milk, coconut milk is lactose free so can be used as a milk substitute by those with lactose intolerance.



### Ingredients

Lamb (25%), Raisin Rice (22%) [Water, White Rice, Raisins, Canola Oil, Lo Salt], Carrots (12%), Green Beans (8%), Sweet Corn (8%), Water, Sunflower Seeds, Onion, Capsicum, Crushed Tomatoes (Citric Acid (330)), Coconut Milk Powder (Maltodextrin (Corn), Milk Protein), Lemon Juice (Preservative (223) (Sulphites)), Antioxidant (300)), Textured Vegetable Protein (Soy Flour, Caramel Colour (150a)), Ginger (Food Acid (260)), Preservative (202), Vegetable Gum (415, 412), Garlic, Sugar, Modified Corn Starch (1422), Beef Stock Blend (Soy, Flavour Enhancer 627, 631), Tapioca, Canola Oil, Turmeric, Cumin, Paprika, Chilli Powder, Chinese Five Spice, Pepper, Lo Salt), Vegetable Gum (415), Lo Salt. CONTAINS MILK, SOY & SULPHITES.

### Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1962kJ (471Cal)	545kJ (131Cal)
Protein:	27.7g	7.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	23g	6.4g
--Saturated:	4g	1.1g
Carbohydrates:	36.7g	10.2g
--Sugars:	9.7g	2.7g
Dietary Fibre:	7.6g	2.1g
Sodium:	324mg	90mg
Potassium:	641mg	178mg

#### 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.