



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

Satay Lamb (50%) [Lamb (26%), Sunflower Seeds, Carrots (4%), Onion, Capsicum, Crushed Tomatoes (Citric Acid (330)), Coconut Milk Powder (Maltodextrin (Corn), Milk Protein), Lemon Juice (Preservative (223)), Antioxidant (300)), Ginger (Food Acid (260)), Preservative (202), Vegetable Gum (415, 412), Garlic, Sugar, Beef Stock Blend (Soy, Flavour Enhancer 627, 631), Tapioca, Modified Corn Starch (1422), Canola Oil, Turmeric, Cumin, Paprika, Chilli Powder, Chinese Five Spice, Pepper, Lo Salt), Beans, Carrots, Corn (28%) (Sweet Corn(8%), Green Beans (8%), Carrots (8%), Vegetable Gum (415), Lo Salt], Raisin Rice (22%) [Water, White Rice (8%), Seedless Raisins, Canola Oil, Lo Salt]. CONTAINS MILK PRODUCTS, SOY & SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2099kj (503Cal)	583kJ (140Cal)
Protein:	28.8g	8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	23.8g	6.6g
--Saturated:	4.3g	1.2g
Carbohydrates:	39.6g	11g
--Sugars:	10.8g	3g
Dietary Fibre:	7.6g	2.1g
Sodium:	346mg	96mg

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.