



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. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.