



Lentil Patties with Vegetable Korma

Delicious and protein packed, these lentil patties are served with a mild vegetable korma curry and white rice.

Lentils are packed full of the dietary fibre called beta-glucan which supports gut and cardiovascular health.



Ingredients

Lentil Patties (42%) (Brown Lentils, **Eggs**, Gluten Free Breadcrumbs, Canola Oil, Onions, Carrots, Celery, Garlic, Pepper, Tomato Paste (Concentrated Tomatoes, Salt), Mild Curry Powder (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Gluten Free **Soy** Sauce (Hydrolysed Vegetable Protein Extract (**Soy**, Maize), Water, Salt, Colour (Caramel Iv) (**Sulphites**)), Vegetable Korma (35%) (Potatoes, Pumpkin, Carrots, Peas, Skim **Milk**, Korma Sauce (**Cashews**, Ginger, Garlic, Spices, Onion, Tomato, Chilli Powder, Garam Masala, Coriander Powder), Onions, Green Beans, Water, Light Evaporated **Milk**, Cauliflower, Celery, Red Capsicum, Sweet Potatoes, Tapioca, Canola Oil, Salt, Pepper), White Rice.

CONTAINS EGG, MILK, SOY, CASHEW, SULPHITES. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2152kJ (516Cal)	538kJ (129Cal)
Protein:	21.6g	5.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.2g	1.3g
--Saturated:	1.2g	0.3g
Carbohydrates:	56g	14g
--Sugars:	8.4g	2.1g
Dietary Fibre:	14.4g	3.6g
Sodium:	724mg	181mg
Potassium:	848mg	212mg

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.