



Nepalese Pork & Vegetable Curry

Tender and full of flavour, this warming curry is served with white rice, broccoli and carrots. Garam Masala is a fragrant blend of spices that adds warmth and sweetness to any dish. A tasty curry which is sure to satisfy.



Ingredients

Pork Curry (50%) [Diced Pork, Onions, Tomatoes, Water, Beans, Cauliflower, Carrots, Garlic, Ginger, Canola Oil, Garam Masala (Wheat, Gluten), Vegetable Stock Powder (Sea Salt, Maize Maltodextrin, Sugar, Yeast Extract, Rice Flour, Dehydrated Vegetables (Cabbage, Onion, Celery, Garlic, Spinach), Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli) Cumin, Coriander, Cardamon Powder, Ground Cloves, Cinnamon, Turmeric, Bay Leaves], White Rice, Broccoli, Carrots. CONTAINS GLUTEN, WHEAT. MAY CONTAIN PEANUTS, TREE NUTS. 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:	2288kj (549Cal)	572kJ (137Cal)
Protein:	30.8g	7.7g
Fat, Total:	7.2g	1.8g
--Saturated:	1.6g	0.4g
Carbohydrates:	30.8g	7.7g
--Sugars:	7.6g	1.9g
Dietary Fibre:	10.4g	2.6g
Sodium:	480mg	120mg
Potassium:	928mg	232mg

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.