



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. Garam Masala is rich in phytonutrients which aids in boosting metabolism.



Ingredients

Pork Curry (50%) [Diced Pork, Onions, Tomatoes, Water, Beans, Cauliflower, Carrots, Garlic, Ginger, Canola Oil, Garam Masala (**Wheat**), 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, Cardamom Powder, Ground Cloves, Cinnamon, Turmeric, Bay Leaves], White Rice, Broccoli, Carrots.

CONTAINS GLUTEN, WHEAT. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.