



Pork Steak in Plum Sauce

Tender and juicy pork steak with sweet plum sauce, served with Nasi Goreng rice, cauliflower and broccoli.

We have put a tasty and healthy spin on this meal that is usually high in fat and calories. Our version is a flavoursome, heart friendly dinner which is also medically low in sodium and has the approval of Diabetes NSW.



Ingredients

Rice (40%) [Rice, Corn, Carrots, Peas, Capsicum, Nasi Goreng Paste (Onions, Water, **Soybean Oil**, Dark **Soy** Sauce, Caramel (150a), Water, Salt, Food Acid (270), Tomato Paste, Garlic, Sugar, Shallot, Dried Chilli, White Pepper, Turmeric)], Pork (22%), Plum Sauce (16%) [(Gravy {Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs}, Tapioca), Plum Conserve (Sugar, Plums (40%), Fruit Pectin (440A), Lemon Juice), White Vinegar, Ginger, Dry Mustard], Broccoli, Cauliflower, Onions, Oil, Salt, Pepper.

CONTAINS SOY. 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 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2028kJ (486Cal)	548kJ (131Cal)
Protein:	30.7g	8.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.3g	3.6g
--Saturated:	5.6g	1.5g
Carbohydrates:	59.6g	16.1g
--Sugars:	8.9g	2.4g
Dietary Fibre:	4.1g	1.1g
Folate:	65.9ug (33% RDI)	17.8ug
Sodium:	248mg	67mg
Potassium:	659mg	178mg
Phosphorus:	307mg (31% RDI)	83mg

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.