



Salmon & Vegetable Pie

Topped with puff pastry, Tasmanian salmon pieces and mixed vegetables combine in a delicious creamy sauce. Served with beans and a mix of potato and sweet potato wedges. Not only are oily fish high in omega-3 fatty acids, salmon is rich in Vitamin D and other essential nutrients. Since the human body can't make large amounts of these essential nutrients, salmon is an excellent addition to our diet.



Ingredients

Pie (50%) (**Fish**) [Salmon (19%) (**Fish**), White Sauce (Water, Skim **Milk** Powder, Tapioca, Gluten Free Flour, Oil, Stock Powder {(Sea Salt, Maize Maltodextrin, Sugar, Rice Flour, Rice Flour, Natural Vegetable Flavour, Yeast Extract, Disodium Guanylate And Inosinate, Dehydrated Vegetables (Onion, Garlic), Canola Oil, Caramelised Sugar Syrup)}, Salt, Pepper), Onions, Carrots, Peas, Celery, Garlic, Oil, Tapioca, Parsley, Dill, Salt, Pepper], Potato and Sweet Potato Wedges, Beans, Puff Pastry [**Wheat** Flour, Water, Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, **Soy** Lecithin) Food Acid (330), Flavour, Antioxidant (307b), Colour (160a), Salt, Preservative 202, 281), Food Acid 330], Paprika.

CONTAINS GLUTEN, WHEAT, FISH, MILK, 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 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1732kJ (415Cal)	433kJ (104Cal)
Protein:	23.6g	5.9g
Fat, Total:	16.4g	4.1g
--Saturated:	4.8g	1.2g
Carbohydrates:	39.2g	9.8g
--Sugars:	10.8g	2.7g
Dietary Fibre:	8g	2g
Sodium:	308mg	77mg
Potassium:	944mg	236mg
Phosphorus:	363mg (36% RDI)	91mg

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.