



Satay Vegetables with Zucchini Patty

Delicious mixed vegetables in a satay sauce topped with a patty combining zucchini, chickpeas and lentils.

Zucchini has an abundance of health benefits, from playing a role in improving digestion to supporting healthy circulation and assisting in maintaining blood sugar levels.



Ingredients

Satay Veg Mix (74%) (Coconut Milk, Water, Pumpkin, **Peanut Butter (Peanuts (85%), Vegetable Oil (320), Sugar, Salt)**, Onion, Peas, Carrots, Beans, Broccoli, Cauliflower, Capsicum, Red Curry Paste (Lemongrass, Red Chilli (13%), Galangal, Palm Sugar, Garlic, **Soya** bean Oil, Salt, Shallot, Cumin, Coriander Seeds, Sugar, Coriander Root, Kaffir Lime Leaf, Yeast Extract), Canola Oil, Ginger Paste (Ginger (76%), Vinegar, Canola Oil, Salt, Acidity Regulator (270)), Garlic Paste (Garlic, Salt), Pepper, Salt), Zucchini Patty (26%) (Chickpeas, Zucchini, Lentils, Green Peas, Carrots, Parsley, Onion, Gluten Free Flour, Salt, Coriander, Pepper, Cumin, Oil). **CONTAINS PEANUT, SOY. MAY CONTAIN ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.**

Nutritional Details

Nutritional Details	Regular Size 405g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2466kJ (591Cal)	609kJ (146Cal)
Protein:	19g	4.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	38.1g	9.4g
--Saturated:	9.3g	2.3g
Carbohydrates:	39.7g	9.8g
--Sugars:	13g	3.2g
Dietary Fibre:	10.5g	2.6g
Sodium:	1195mg	295mg
Potassium:	749mg	185mg

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.