



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, Galangal, Palm Sugar, Garlic, Soya Bean Oil, Salt, Shallot, Spices (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, Rice-Bran Oil). CONTAINS PEANUTS, SOYBEANS. MAY CONTAIN TREE NUTS.

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. 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.