



Tofu & Vegetable Satay with Rice

Mixed vegetables and cubed tofu combine with brown rice in a delicious satay sauce. Tofu is a great source of protein for those that want a meat-free meal. Not only is Tofu a good source of protein but it is a rich source of polyphenols. Polyphenols have both anti-inflammatory and antioxidant effects throughout the body. They also have a prebiotic effect in our gut.



Ingredients

Veg Satay (55%) (Coconut Milk, Water, Pumpkin (6%), **Peanut Butter** (**Peanuts** (85%), Vegetable Oil (320), Sugar, Salt), Onion, Peas (4%), Carrots (4%), Beans (4%), Broccoli (4%), Cauliflower (4%), Capsicum (4%), Red Curry Paste (Lemongrass, Red Chilli (13%), 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), Salt, Pepper), Brown Rice (25%), Tofu (20%) (**Soy**).

CONTAINS PEANUT, SOY. MAY CONTAIN ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1948kJ (467Cal)	487kJ (117Cal)
Protein:	22.8g	5.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	24g	6g
--Saturated:	7.2g	1.8g
Carbohydrates:	35.2g	8.8g
--Sugars:	8.4g	2.1g
Dietary Fibre:	10g	2.5g
Sodium:	592mg	148mg
Potassium:	768mg	192mg

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.