Vegetable Cottage Pie - Minced &Moist - NEW

Level 5 Minced &Moist moulded vegetarian cottage pie, with carrot, pea and pumpkin served with a gravy sauce.

Ingredients

Moulded Vegetable Cottage Pie (32%) (Vegetarian Cottage Pie (63%) (Lentil Filling (55%) (Carrot (27%), Water, Green Split Peas (11%), Lentils (11%), **Soy** Protein Isolate, Onion (4%), Calcium Caseinate (Skim **Milk**), Bchamel Sauce (**Milk** Powder, Butter (**Milk**), Water, Cream (**Milk**), Tapioca Starch, Modified Corn Starch (1420), Salt, Vegetable Gum (415)), Canola Oil), Spinach (3.5%), Tomato Paste (2.5%) (Acidity Regulator (330)), Dijon Mustard (Acidity Regulator (260)), Garlic Powder, Worcestershire Sauce (Colour (150d)), Salt, Thyme), Potato Mash (37%) (Potato (66%) (Preservative (220)), Water, Skim **Milk** Powder (**Milk** Solids), Tapioca Starch, Low Sodium Salt (Potassium Chloride), Salt, Pepper)), Gravy Sauce (23%) (Water, Gravy Granules (Flavour, Vegetable Gum (415), Food Colouring (Apple, Hibiscus Extract), Acidity Regulator (330)), Modified Starch (1422)), Moulded Carrot (15%) (Carrot (87%), Water, Modified Starch (1422), Salt, Vegetable Gum (415)), Moulded Pea (15%) (Peas (66%), Water, Bchamel Sauce (Water, **Milk** Powder, Butter (**Milk**), Cream (**Milk**), Tapioca Starch, Modified Corn Starch (1420), Salt, Vegetable Gum (415)), Modified Starch (1422), Vegetable Stock Blend (Flavour Enhancer (635)), Salt, Thickener (406), Vegetable Gum (412)), Moulded Pumpkin (15%) (Pumpkin (98%), Modified Starch (1422), Water, Salt).
CONTAINS MILK, SOY. MAY CONTAIN GLUTEN, LUPIN.

Nutritional Details

	Regular Size 340g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1000kj (240Cal)	294kJ (71Cal)
Protein:	16.3g	4.8g
Fat, Total:	5.1g	1.5g
--Saturated:	2.7g	0.8g
Carbohydrates:	26.9g	7.9g
--Sugars:	9.5g	2.8g
Dietary Fibre:	8.2g	2.4g
Sodium:	891mg	262mg
Potassium:	646mg	190mg

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.