



## Zucchini Patty with Vegetable Korma

The patty combines zucchini, chickpeas and lentils and is complemented by our mild, mixed vegetable korma curry and florets of broccoli and cauliflower.

The 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

Korma (58%) [Potatoes, Pumpkin, Carrots, Peas, Onions, Skim Milk, Korma Sauce (Cashew Nuts, Ginger, Garlic, Spices, Onion, Tomato, Chilli Powder, Garam Masala, Coriander Powder), Beans, Water, Evaporated Milk, Cauliflower, Celery, Capsicum, Sweet Potatoes, Cornflour, Oil, Salt, Pepper], Patty (26%) [Chickpeas, Zucchini, Lentils, Peas, Carrots, Dry Parsley, Dried Onion, Gluten Free Flour, Salt, Coriander, Pepper, Cumin, Rice Bran Oil], Broccoli, Cauliflower. CONTAINS MILK, TREE NUTS (CASHEWS).

### Nutritional Details

Nutritional Details	Regular Size 395g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1616kj (387Cal)	409kJ (98Cal)
Protein:	16.6g	4.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	15.8g	4g
--Saturated:	3.5g	0.9g
Carbohydrates:	41.1g	10.4g
--Sugars:	10.7g	2.7g
Dietary Fibre:	9.1g	2.3g
Sodium:	877mg	222mg
Potassium:	901mg	228mg
Phosphorus:	271mg (27% RDI)	69mg

#### 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.