



Japanese Vegetable Curry - NEW

Our Japanese vegetable curry features tender sweet potato and roasted cauliflower simmered in a rich, mildly spiced Japanese-style curry sauce. Served with rice and edamame.



Ingredients

Curry (56%) (Coconut Milk (Coconut Milk, Water, Thickener (Xanthan Gum)), Cauliflower (9%), Sweet Potato (9%) (**Sulphites**) (Preservative (223)), Onion (7%), Water, Carrot (5%), Canola Oil, Maple Syrup (Vegetable Gum (466), Colours (150c, 150d), Preservative (202), Acidity Regulator (330)), Curry Powder (1%), Garlic, Modified Starch (1422), Chicken Flavour Blend (Salt, Maize Maltodextrin, Yeast Extract, Natural Vegetable Flavours, Turmeric, Dehydrated Vegetables (Onion), Vegetable Oil, Cane Sugar), Ginger (Acidity Regulator (260), Preservative (202), Vegetable Gums (Xanthan Gum, Guar Gum)), Low Sodium Salt (Potassium Chloride), Turmeric, Salt), Basmati Rice (35%) (Water, Basmati Rice (10%)), Shelled Edamame Beans (9%) (**Soy**).
CONTAINS SOY, SULPHITES. MAY CONTAIN GLUTEN, WHEAT.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1964kj (471Cal)	491kJ (118Cal)
Protein:	11.4g	2.9g
Fat, Total:	22.9g	5.7g
--Saturated:	8.6g	2.1g
Carbohydrates:	49.1g	12.3g
--Sugars:	11g	2.8g
Dietary Fibre:	7.4g	1.9g
Sodium:	676mg	169mg
Potassium:	664mg	166mg

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.