



## Lentil Patties with Vegetable Korma

Delicious and protein packed, these lentil patties are served with a mild vegetable korma curry and white rice.

Lentils are packed full of the dietary fibre called beta-glucan which assists in gut and cardiovascular health.



### Ingredients

Lentil Patties (42%) [Brown Lentils, Onions, Carrots, Celery, Gluten Free Breadcrumbs, Eggs, Soy Sauce (Hydrolysed Vegetable Protein Extract (Soy, Maize), Water, Salt, Colour (Caramel IV) (Sulphites), Tomato Paste (Concentrated Tomatoes, Salt), Garlic, Canola Oil, Mild Curry Powder (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Pepper], Vegetable Korma (35%) [Potatoes, Pumpkin, Carrots, Peas, Milk, Korma Sauce (Cashews, Ginger, Garlic, Spices, Onion, Tomato, Chilli Powder, Garam Masala, Coriander Powder), Onions, Green Beans, Water, Evaporated Milk, Cauliflower, Celery, Red Capsicum, Sweet Potatoes, Tapioca, Canola Oil, Salt, Pepper], White Rice. CONTAINS EGG, MILK, SOY, CASHEW, SULPHITES. MAY CONTAIN PEANUTS, TREE NUTS.

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2152kj (516Cal)	538kJ (129Cal)
Protein:	21.6g	5.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.2g	1.3g
--Saturated:	1.2g	0.3g
Carbohydrates:	56g	14g
--Sugars:	8.4g	2.1g
Dietary Fibre:	14.4g	3.6g
Sodium:	724mg	181mg
Potassium:	848mg	212mg

#### 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.