



Mediterranean Lamb - NEW

Mediterranean lamb served over fluffy couscous with vibrant fresh herbs and grilled vegetables.



Ingredients

Mediterranean Lamb (50%) (Lamb Mince (20%), Water, Tomato Pulp (Crushed Tomatoes, Tomato Juice, Acidity Regulator (330)), Red Onion (2.5%), Zucchini (2.5%), Kalamata Olives (2%), Roasted Red Pepper (2%), Tomato Paste (Acidity Regulator (330)), White Wine, Garlic, Chicken Flavour Blend (Salt, Maize Maltodextrin, Yeast Extract, Natural Vegetable Flavours, Turmeric, Dehydrated Vegetables (Onion), Vegetable Oil, Cane Sugar), Lemon Juice (Preservative (222), Antioxidant (300)), Sugar, Tapioca Starch, Olive Oil, Salt, Dried Parsley, Smoked Paprika, Pepper, Dried Basil, Dried Rosemary, Mint, Chilli, Oregano), Couscous (25%) (Couscous (16%) (Durum **Wheat** Semolina, Water, Vegetable Flavour Blend, Low Sodium Salt (Potassium Chloride), Salt), Zucchini (10%), Capsicum (7%), Red Onion (7%), Canola Oil, Parsley, Salt, Pepper.

CONTAINS GLUTEN, WHEAT. MAY CONTAIN EGG.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1852kJ (444Cal)	463kJ (111Cal)
Protein:	27.2g	6.8g
Fat, Total:	10.3g	2.6g
--Saturated:	2.6g	0.7g
Carbohydrates:	55.1g	13.8g
--Sugars:	7.7g	1.9g
Dietary Fibre:	6.4g	1.6g
Sodium:	980mg	245mg
Potassium:	712mg	178mg

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.