



## Satay Chicken with Noodles

Chicken pieces served with Hokkien noodles, carrots, green beans, corn and capsicum in a delicious satay sauce.

Packed full of flavour this is a tasty and warming meal.

### Ingredients

Satay Chicken (63%) [Chicken (26%), Mixed Vegetables (Carrots, Corn, Beans, Capsicum) Coconut Milk, Water, Peanut Butter (5%) (Peanuts (85%), Vegetable Oil (320), Sugar, Salt), Red Curry Paste (2%) (Lemongrass, Red Chilli (13%), Galangal, Palm Sugar, Garlic, Soya Bean Oil, Salt, Shallot, Spices (Cumin, Coriander Seeds), Sugar, Coriander Root, Kaffir Lime Leaf, Yeast Extract), Canola Oil, Onion, Ginger Paste (Ginger (76%), Vinegar, Canola Oil, Salt, Acidity Regulator (270)), Garlic Paste (Garlic, Salt), Salt, Pepper], Hokkien Noodles (37%) (Wheat Flour, Water, Wheat Gluten, Salt, Colours (Carotene, Annatto, Turmeric), Canola Oil). CONTAINS WHEAT, GLUTEN, PEANUTS, SOYBEANS. MAY CONTAIN TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2668kJ (640Cal)	667kJ (160Cal)
Protein:	41.6g	10.4g
Fat, Total:	24.8g	6.2g
--Saturated:	6.8g	1.7g
Carbohydrates:	58g	14.5g
--Sugars:	6g	1.5g
Dietary Fibre:	6.8g	1.7g
Sodium:	780mg	195mg
Potassium:	456mg	114mg

#### 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.