



Tofu & Vegetable Satay with Rice

Mixed vegetables and cubed tofu combine with brown rice in a delicious satay sauce.

Tofu is a great source of protein for those that want a meat-free meal.



Ingredients

Veg Satay (55%) [Coconut Milk, Water, Pumpkin (6%), Peanut Butter (Peanuts (85%), Vegetable Oil (320), Sugar, Salt), Onions, Peas (4%), Carrots (4%), Beans (4%), Broccoli (4%), Cauliflower (4%), Capsicum (4%), Red Curry Paste (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, Ginger Paste (Ginger, Vinegar, Canola Oil, Salt, Acidity Regulator (270)), Garlic Paste (Garlic, Salt), Salt, Pepper], Brown Rice (25%), Tofu (20%) (Soy). CONTAINS PEANUT, SOY. MAY CONTAIN TREE NUTS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1948kJ (467Cal)	487kJ (117Cal)
Protein:	22.8g	5.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	24g	6g
--Saturated:	7.2g	1.8g
Carbohydrates:	35.2g	8.8g
--Sugars:	8.4g	2.1g
Dietary Fibre:	10g	2.5g
Sodium:	592mg	148mg
Potassium:	768mg	192mg

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.