



Lamb & Citrus Mint Sauce 300g

- 37% New Zealand Lamb
- Good Source of Protein - 15.0g per serve
- No Artificial Colourings
- No Artificial Flavourings
- Gluten Free
- Halal

PRODUCT DESCRIPTION

NZ Lamb pieces in a citrus mint gravy using NZ grown lemons, and combined with potatoes, peas and green beans.

SERVING SUGGESTIONS

Tender lamb pieces, slow cooked with mint, and citrus. This slow cooked stew is best accompanied with roasted potatoes or pan-fried hash browns, noodles, rice or your favourite flat bread wrap. Heat and serve with finely chopped spring onions and fresh mint leaves.

Alternatively, serve with steamed buns, fresh steamed beans, sauteed cabbage, fresh cooked rice or even spooned on a hot baked potato with a dollop of pesto to finish.

SERVING INSTRUCTIONS

STOVE TOP: Empty contents into saucepan. Heat on medium to a simmer, stirring frequently. Heat for further 2-3 minutes, until starting to bubble. Remove from heat, tip into bowls and serve immediately.

MICROWAVE: Empty packet into a microwavable bowl. Cover. Heat on HIGH (1000W) for 2 minutes. Stir. Cover again and heat for a further minute until product is hot. Heating times can vary depending on microwave power.

STORAGE

Keep chilled between 2°- 4°C. Refrigerate any remaining product in airtight container and use within 2 days.

Best Before date at the base of the pack.

NUTRITION INFORMATION

Servings per pack: 2

Serving Size: 150g

	Average Quantity per serving	Average Quantity per 100g
Energy	665kJ	443kJ
Protein	15.0g	10.0g
Fat, Total	6.2g	4.1g
- saturated	3.3g	2.2g
Carbohydrate	10.5g	7.0g
- sugars	2.2g	1.5g
Sodium	452mg	301mg

INGREDIENTS

Lamb (37%), Water, Potato (10%), Onion (9%), Peas (6%), Green Beans (5%), Garlic (5%), Lemon Juice (5%), Honey, Salt, Yeast Extract, Herbs, Thickener (Xanthan Gum), Spices, Mint (0.1%).

MADE IN NEW ZEALAND

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