



**YUMMIES**  
for Little Tummys

## SATAY VEGETABLE NOODLES

1.5 SERVES\* OF VEG & TONNES OF FLAVOUR

GLUTEN FREE

PLANT BASED

DAIRY FREE

\*based on a 200g full serve.

### Ingredients

Rice Noodles, Capsicum, Zucchini, Broccoli, Carrot, Mushroom, Garlic, Onion, Ginger, Coconut Milk, Tamari, Curry Powder, Lemon juice, Sunflower seeds, Sunflower oil, Honey, Stock, Unsweetened Pineapple Juice

### Nutritional Info

Nutrition information	Values /100g	Values /portion
Calories	699 kJ 167 kcal	1,434 kJ 343 kcal
Total fat	7.2 g	14.7 g
- saturated fat	1.8 g	3.7 g
Carbohydrates	21.3 g	43.6 g
- sugar	4.2 g	8.7 g
Fiber	1.6 g	3.4 g
Protein	4.2 g	8.6 g
Salt	0 g	0.0 g

Allergens: none

Alternatives: none required

### The Scoop

This dish is made with rice noodles and contains 5 different vegetables. Each 200g serve provides approximately 1.5 serves of vegetables!

Our delicious "Satay" sauce is made from sunflower seeds which gives the dish a yummy, nutty flavour.

Sunflower seeds aren't just for flavour, they are a great source of plant-based protein. In fact, a small 30g serve of sunflower seeds is equal to 1 serve of protein!

**FUN FACTS:** 1. The first noodle was made 4,000 year ago in China. 2. Samsung (the electronics company) originally sold noodles. 3. The longest line of bowls of noodles was 3,988 bowls. 4. Noodles have been to space - they shaped them like balls so easier to eat.

