



PREHISTORIC CHICKEN BOLOGNAISE

TWICE THE FUN & TWICE THE FIBRE



Ingredients

Chicken, Tomato, Capsicum, Zucchini,
Carrot, Onion, Garlic, Oregano, Rosemary,
Stock, Paprika

Nutritional Info

Nutrition information	Values /100g	Values /portion
Calories	119 kJ 28 kcal	238 kJ 57 kcal
Total fat	0.3 g	0.7 g
- saturated fat	0.1 g	0.2 g
Carbohydrates	2.1 g	4.2 g
- sugar	1.8 g	3.7 g
Fiber	0.8 g	1.6 g
Protein	3.8 g	7.6 g
Salt	0 g	0.0 g

Allergens: Gluten

Alternatives: GF Farm Animal Pasta,

Vegetarian Prehistoric Pasta

FUN FACT: Do you know your Dinosaurs? See if you can find the T-Rex, Brontosaurus and the Stegosaurus in this Prehistoric Pasta Dish!

The Scoop

A flavour packed and fun spin on the traditional spaghetti bolognaise. We've swapped out the beef to make a delicious chicken bolognaise sauce that is packed full of vegetables.

Lunchtime is fun! Specially when the kids get to eat this amazing dinosaur shaped pasta! This pasta is not only fun, it's got twice the fibre as regular fibre and is Low GI. This dish is sure to be a hit with the kids!

