

Yellow Vegetable Curry (GF) (VG) MB1

Canonical:

<https://directory.benefitfood.com.au/food-beverages/ready-meals-prepared-foods/yellow-vegetable-curry-gf-vg-mb1/>

Description:

No matter the time of the year, we can never say no to a yummy curry! Our Yellow Vegetable Curry is packed full of fragrant spices, silken tofu, broccoli, eggplant, zucchini and peas to create warming flavours to keep you satisfied. Excellent source of dietary fibre High in protein Low in sodium Contains 4-12 different vegetables Low in saturated fat Contains no artificial colours and flavours Heating & Storage Instructions Nutrition **INGREDIENTS:** Tofu, Broccoli (11%), Eggplant (11%), Diced Tomato (11%) (Tomato, Citric Acid), Coconut Milk (Coconut Cream, Xanthan Gum), Zucchini (7%), Edamame (7%), Brown Rice, Onion (6%), Peanuts (Peanuts, Peanut Oil), Green Peas (2%), Faba Bean Protein, Yellow Curry Paste (1.5%), Coriander, Ginger, Garlic, Olive Oil, Lemongrass, Vegetable Stock, Gluten Free Soy Sauce, Turmeric, Chilli, Kaffir Lime, Corn Starch. **Contains:** Soybeans, Peanuts **May Contain:** Fish, Milk, Crustacea, Sesame Seeds, Egg, Tree Nuts, Lupin