

# Beef Chow Mein (GF) MP7

## Description:

Traditional stir fry flavours are reinvented to make for a lighter, protein-packed meal. Fresh ginger and garlic, along with aromatic spices, enhance the flavour of freshly ground beef. Gluten free Good source of protein Good source of dietary fibre Low in saturated fat Contains grass-fed beef Chilli rating: 1 Heating & Storage Instructions Nutrition Ingredients: Beef Mince (32%), Green Cabbage, Carrot, Peas, Zucchini, Onion, Brown Rice, Gluten Free Soy Sauce, Sesame Seeds, Olive Oil, Garlic, Ginger, Curry Powder, Chinese Five Spice, Pink Salt. Allergens: Soybeans, Sesame Seeds May Contain: Fish, Milk, Crustacea, Peanuts, Egg, Tree Nuts, Lupin