Beef Curry

Thai inspired beef curry served with coconut rice, dotted with corn spears, carrots and broccoli.
Beef provides the most bioavailable type of dietary iron which is essential for energy and healthy brain function.

Ingredients

Beef Curry (50%) (Beef (42%), Onions, Water, Curry Paste [Lemongrass, Garlic, Red Chilli, Shallot, Salt, Galangal, Shrimp Paste {Shrimp, Salt}, Coriander Seed, Cumin, Kaffir Lime Peel, Cardamom, Cinnamon, Nutmeg], Coconut Milk, Potatoes, Tamarind Puree {Tamarind (86%), Water, Salt}, Fish Sauce {Anchovy Extract, Salt, Sugar}, Oil, Cinnamon), Rice (Rice, Water, Coconut Milk), Broccoli, Carrots, Corn Spears. CONTAINS CRUSTACEA, FISH PRODUCTS. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1460kj (350Cal)	365kJ (88Cal)
Protein:	34.8g	8.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	9.6g	2.4g
--Saturated:	3.1g	0.8g
Carbohydrates:	26.4g	6.6g
--Sugars:	6.4g	1.6g
Dietary Fibre:	7.6g	1.9g
Sodium:	1244mg	311mg
Potassium:	760mg	190mg
Phosphorus:	290mg (29% RDI)	73mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.