



Beef Massaman Curry - NEW

Tender beef in a rich Massaman curry with coconut milk and warm spices, served with steamed rice and a side of peas and carrots.



Ingredients

Beef Massaman Curry (54%) (Beef (27%), Coconut Milk (Water, Thickener (415)), Onion, Potato (Preservative (220)), Massaman Curry Paste (2%) (Lemongrass, Garlic, Chilli, Shallot, Salt, Galangal, Shrimp Paste (**Crustacea**), Salt), Coriander Seed, Cumin, Kaffir Lime Peel, Cardamom, Cinnamon, Nutmeg), Canola Oil, Lime Juice, Brown Sugar, **Fish Sauce** (Anchovy (**Fish**), Salt, Sugar)), Cooked Rice (26%) (Water, Basmati Rice), Carrot (11%), Peas (9%).

CONTAINS CRUSTACEA, FISH.

Nutritional Details

Nutritional Details	Regular Size 350g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1722kj (413Cal)	492kJ (118Cal)
Protein:	28.2g	8.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	19.1g	5.5g
--Saturated:	11.7g	3.3g
Carbohydrates:	29.1g	8.3g
--Sugars:	5.6g	1.6g
Dietary Fibre:	5.3g	1.5g
Sodium:	564mg	161mg
Potassium:	763mg	218mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.