Aktar's Signature Beef Short Rib Biryani

Slow braised beef short rib simmered in a spiced yogurt, aromatic gravy with mint, coriander and fragrant sella basmati rice.

SERVING SIZE	PACK SIZE	SERVINGS PER PACK
250 g	**1 kg**	**4**

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
2239kJ 531kcal	18 g MED	5.7 g MED	6.8 g LOW	1.5 g MED
27%	25%	29%	8%	25%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 895kJ / 213kcal

BACK OF PACK (UK)

Typical values	per 100g	per 250g serving
Energy	895kJ	2239kJ
	213kcal	531kcal
Fat	7.1g	18g
of which saturates	2.3g	5.7g
Carbohydrate	27g	67g
of which sugars	2.7g	6.8g
Protein	13g	33g
Salt	0.60g	1.5g

Ingredients and allergens

Beef Ribs, Basmati Rice, Onion, Tomatoes, Yogurt (**Milk**), Garlic, Ginger, Kewra Water, **Milk**, Butter Ghee (**Milk**), Rapeseed Oil, Beef, Ground Coriander, Coriander Seeds, Black Pepper, Cardamom Seeds, Cumin Seeds, Chilli Powder, Garam Masala, Ground Cumin, Salt, Mace, Fennel Seeds, Beef Stock (Water, Beef Bones), Star Anise, Turmeric, Cinnamon, Cloves, Lemon Juice (**Sulphites**), Saffron, Fenugreek Seeds, Mint, Nutmeg, Bay Leaf.

CONTAINS **Milk**, **Sulphites**

Allergen advice: for allergens, including cereals containing gluten, see ingredients in **bold**.

Recipe breakdown per 250 g serving

34.7%	86.8g	Beef, fore-rib/rib-roast, raw, lean
23.2%	57.9g	Rice, white, basmati, raw
17.4%	43.4g	Onions, fried in rapeseed oil
6.95%	17.4g	Tomatoes, standard, raw
5.21%	13g	Yogurt, low fat, plain
1.65%	4.13g	Garlic, raw
1.65%	4.13g	Ginger, fresh
1.16%	2.89g	Kewra Water
0.868%	2.17g	Milk, semi-skimmed, pasteurised, average
0.695%	1.74g	Ghee, butter
0.633%	1.58g	Oil, rapeseed
0.579%	1.45g	Beef, fat, average, raw
0.521%	1.3g	Ground Coriander
0.521%	1.3g	Coriander seeds
0.412%	1.03g	Mace, ground
0.394%	0.984g	Pepper, black
0.394%	0.984g	Cardamom seeds
0.376%	0.941g	Cumin seeds
0.347%	0.868g	Chilli powder
0.347%	0.868g	Garam masala
0.336%	0.84g	Ground Cumin
0.289%	0.724g	Salt
0.243%	0.608g	Fennel seeds
0.232%	0.579g	Beef stock
0.174%	0.434g	Star Anise
0.116%	0.289g	Turmeric, ground
0.116%	0.289g	Cinnamon, ground
0.116%	0.289g	Cloves, dried
0.116%	0.289g	Lemon juice, fresh
0.116%	0.289g	Saffron
0.058%	0.145g	Fenugreek seeds
0.058%	0.145g	Mint, fresh
0.035%	0.087g	Nutmeg, ground
0.023%	0.058g	Bay leaf, dried

Full nutrient profile

	PER 100G	PER 250G
Energy	895.48 kJ	2238.71 kJ
Energy	212.51 kcal	531.27 kcal
Fat	7.10 g	17.75 g
of which saturates	2.28 g	5.70 g
Monounsaturated Fats	3.19 g	7.96 g
Polyunsaturated Fats	0.90 g	2.25 g
Trans Fatty Acids	0.12 g	0.31 g
Carbohydrate	26.69 g	66.71 g
of which sugars	2.72 g	6.81 g
of which starch	22.24 g	55.61 g
Fibre	1.85 g	4.62 g
Protein	13.29 g	33.23 g
Salt	0.60 g	1.50 g
Sodium	236.23 mg	590.57 mg
Vitamin A IU	104.89 IU	262.23 IU
Vitamin A RAE	31.47 µg	78.67 µg
Carotene	144.01 µg	360.02 µg
Alpha Carotene	0.00 µg	0.00 µg
Beta Carotene	46.33 µg	115.82 µg
Retinol	8.65 µg	21.63 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.14 mg	0.34 mg
Riboflavin	0.15 mg	0.37 mg
Niacin	5.55 mg	13.88 mg
Pantothenic Acid	0.53 mg	1.33 mg
Vitamin B6	0.31 mg	0.76 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.00 µg	0.00 µg

	PER 100G	PER 250G
Folate	15.53 µg	38.82 µg
Vitamin B12	0.90 µg	2.24 µg
Vitamin C	3.33 mg	8.33 mg
Vitamin D IU	9.24 IU	23.10 IU
Vitamin D MCG	0.23 µg	0.58 µg
Vitamin E	0.68 mg	1.71 mg
Biotin	1.24 µg	3.10 µg
Vitamin K	2.72 µg	6.81 µg
Calcium	60.19 mg	150.49 mg
Chloride	381.91 mg	954.76 mg
Choline	0.00 µg	0.00 µg
Copper	0.18 mg	0.46 mg
Iodine	8.09 µg	20.22 µg
Iron	3.14 mg	7.86 mg
Magnesium	35.98 mg	89.96 mg
Manganese	0.58 mg	1.45 mg
Nitrogen	2.14 g	5.36 g
Phosphorus	156.97 mg	392.43 mg
Potassium	342.72 mg	856.80 mg
Selenium	7.99 µg	19.98 µg
Tryptophan/60	2.80 mg	7.01 mg
Zinc	2.23 mg	5.57 mg
Ash	0.00 g	0.00 g
Cholesterol	26.86 mg	67.16 mg
Lutein Zeaxanthin	9.46 µg	23.65 µg
Lycopene	43.61 µg	109.02 µg
Water	0.00 g	0.00 g

Reviewed on 3 November 2026. Values per 100 g and per 250 g serving.