Beef Pepper Fry

Spicy dry curry from the South Indian state of Kerala, beef cooked with cracked black pepper, toasted coriander seed and cumin, and then sautéed with caramelised onion, bell peppers and curry leaves.

SERVING SIZE	PACK SIZE	SERVINGS PER PACK
300 g	**600 g**	**2**

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
954kJ 227kcal	12 g MED	3.7 g LOW	16 g MED	1.2 g MED
11%	17%	18%	17%	19%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 318kJ / 76kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	318kJ	954kJ
	76kcal	227kcal
Fat	3.9g	12g
of which saturates	1.2g	3.7g
Carbohydrate	5.7g	17g
of which sugars	5.2g	16g
Protein	5.5g	17g
Salt	0.39g	1.2g

Ingredients and allergens

Tomatoes, Beef, Tomato Purée, Water, Onion, Tamarind, Rapeseed Oil, Coconut Milk, Chilli Powder, Green Chilli, Garlic, Coconut Oil, Ground Black Pepper, Ground Coriander, Salt, Curry Leaves, Ground Cumin, Turmeric, Garam Masala, Nutmeg, Cumin Seeds, Cinnamon, Bay Leaf, Cloves, Cardamom Seeds, Ginger.

CONTAINS No allergens declared in this recipe

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

Recipe breakdown per 300 g serving

27.3%	81.9g	Tomatoes, canned, whole contents
18.5%	55.4g	Beef, brisket, raw, lean
15.5%	46.5g	Tomato puree
14.8%	44.3g	Water, tap, municipal
12.5%	37.6g	Onions, raw
2.21%	6.64g	Tamarind pulp, flesh only
1.68%	5.04g	Oil, rapeseed
1.48%	4.43g	Coconut milk
1.48%	4.43g	Chilli powder
1.48%	4.43g	Peppers, capsicum, chilli, green, raw
1.11%	3.32g	Garlic, raw
0.675%	2.02g	Oil, coconut
0.295%	0.886g	Black Pepper Coarse Ground
0.295%	0.886g	Ground Coriander
0.185%	0.554g	Salt
0.148%	0.443g	Curry leaves, fresh
0.148%	0.443g	Ground Cumin
0.074%	0.221g	Turmeric, ground
0.074%	0.221g	Garam masala
0.044%	0.133g	Nutmeg, ground
0.022%	0.066g	Cumin seeds
0.015%	0.044g	Cinnamon, ground
0.011%	0.033g	Bay leaf, dried
0.007%	0.022g	Cloves, dried
0.007%	0.022g	Cardamom seeds
0.001%	0.003g	Ginger, fresh

Full nutrient profile

	PER 100G	PER 300G
Energy	317.91 kJ	953.72 kJ
Energy	75.74 kcal	227.21 kcal
Fat	3.92 g	11.76 g
of which saturates	1.23 g	3.68 g
Monounsaturated Fats	1.61 g	4.83 g
Polyunsaturated Fats	0.71 g	2.14 g
Trans Fatty Acids	0.06 g	0.17 g
Carbohydrate	5.71 g	17.12 g
of which sugars	5.21 g	15.62 g
of which starch	0.15 g	0.44 g
Fibre	1.88 g	5.63 g
Protein	5.54 g	16.61 g
Salt	0.39 g	1.18 g
Sodium	154.54 mg	463.63 mg
Vitamin A IU	355.89 IU	1067.68 IU
Vitamin A RAE	106.77 µg	320.31 µg
Carotene	641.59 µg	1924.78 µg
Alpha Carotene	0.00 µg	0.00 µg
Beta Carotene	337.90 µg	1013.69 µg
Retinol	trace	trace
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.23 mg	0.70 mg
Riboflavin	0.10 mg	0.30 mg
Niacin	2.78 mg	8.35 mg
Pantothenic Acid	0.20 mg	0.59 mg
Vitamin B6	0.22 mg	0.66 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.00 µg	0.00 µg

	PER 100G	PER 300G
Folate	14.08 µg	42.25 µg
Vitamin B12	0.37 µg	1.11 µg
Vitamin C	12.18 mg	36.53 mg
Vitamin D IU	3.69 IU	11.07 IU
Vitamin D MCG	0.09 µg	0.28 µg
Vitamin E	1.62 mg	4.86 mg
Biotin	1.67 µg	5.01 µg
Vitamin K	5.10 µg	15.31 µg
Calcium	30.47 mg	91.40 mg
Chloride	285.02 mg	855.05 mg
Choline	0.00 µg	0.00 µg
Copper	0.12 mg	0.36 mg
Iodine	3.03 µg	9.09 µg
Iron	1.37 mg	4.11 mg
Magnesium	22.87 mg	68.60 mg
Manganese	0.16 mg	0.49 mg
Nitrogen	0.89 g	2.67 g
Phosphorus	70.80 mg	212.39 mg
Potassium	390.11 mg	1170.32 mg
Selenium	1.48 µg	4.44 µg
Tryptophan/60	0.97 mg	2.92 mg
Zinc	0.87 mg	2.62 mg
Ash	0.00 g	0.00 g
Cholesterol	9.96 mg	29.89 mg
Lutein Zeaxanthin	187.75 µg	563.25 µg
Lycopene	1301.73 µg	3905.19 µg
Water	79.76 g	239.29 g

Reviewed on 3 November 2026. Values per 100 g and per 300 g serving.