# Chicken Madras

Traditional chicken curry from Chennai formerly known as Madras, chicken simmered in a coconut milk and tamarind sauce spiced with mundu chilli and tempered with curry leaves and black mustard seeds.

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

FRONT OF PACK (UK/EU)

**Per portion**

| ENERGY | FAT | SATURATES | SUGAR | SALT |
|---|---|---|---|---|
| 1357kJ 322kcal | 9.0 g MED | 1.9 g LOW | 16 g MED | 1.7 g MED |
| 16% | 13% | 9% | 18% | 28% |

**of an adult's reference intake**

Typical values (as sold) per 100g: Energy 452kJ / 107kcal

BACK OF PACK (UK)

| Typical values | per 100g | per 300g serving |
|---|---|---|
| Energy | 452kJ | 1357kJ |
| | 107kcal | 322kcal |
| Fat | 3.0g | 9.0g |
| of which saturates | 0.6g | 1.9g |
| Carbohydrate | 6.4g | 19g |
| of which sugars | 5.4g | 16g |
| Protein | 14g | 43g |
| Salt | 0.57g | 1.7g |

## Ingredients and allergens

Chicken, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onion, Coconut Milk, Tamarind, Garlic, Ginger, Rapeseed Oil, Tomato Purée, Chilli Powder, Ground Coriander, Dried Red Chillies, Garam Masala, Salt, Curry Leaves, Fennel Seeds, Fenugreek Seeds, Mustard Seeds (**Mustard**), Turmeric, Cumin Seeds, Black Pepper, Cardamom, Fenugreek Leaves, Bay Leaf, Cinnamon.

CONTAINS **Mustard**

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

## Recipe breakdown per 300 g serving

| | | |
|---|---|---|
| 44.9% | 135g | Chicken, dark meat, raw |
| 22.4% | 67.3g | BB Catering Chopped Tomatoes in Tomato Juice |
| 13.5% | 40.4g | Onions, raw |
| 12.1% | 36.3g | Coconut milk |
| 2.24% | 6.73g | Tamarind pulp, flesh only |
| 1.35% | 4.04g | Garlic, raw |
| 0.897% | 2.69g | Ginger, fresh |
| 0.613% | 1.84g | Oil, rapeseed |
| 0.449% | 1.35g | Tomato puree |
| 0.359% | 1.08g | Chilli powder |
| 0.224% | 0.673g | Ground Coriander |
| 0.135% | 0.404g | Crushed Red Chillies, Dried |
| 0.135% | 0.404g | Garam masala |
| 0.135% | 0.404g | Salt |
| 0.112% | 0.337g | Curry leaves, fresh |
| 0.09% | 0.269g | Fennel seeds |
| 0.09% | 0.269g | Fenugreek seeds |
| 0.09% | 0.269g | Mustard seeds |
| 0.09% | 0.269g | Turmeric, ground |
| 0.067% | 0.202g | Cumin seeds |
| 0.016% | 0.047g | Pepper, black |
| 0.011% | 0.034g | Cardamom, ground |
| 0.009% | 0.027g | Fenugreek leaves, raw |
| 0.007% | 0.02g | Bay leaf, dried |
| 0.004% | 0.013g | Cinnamon, ground |

## Full nutrient profile

| | PER 100G | PER 300G |
|---|---|---|
| Energy | 452.30 kJ | 1356.90 kJ |
| Energy | 107.35 kcal | 322.05 kcal |
| Fat | 3.01 g | 9.04 g |
| of which saturates | 0.62 g | 1.87 g |
| Monounsaturated Fats | 1.42 g | 4.27 g |
| Polyunsaturated Fats | 0.75 g | 2.24 g |
| Trans Fatty Acids | 0.01 g | 0.04 g |
| Carbohydrate | 6.43 g | 19.28 g |
| of which sugars | 5.35 g | 16.05 g |
| of which starch | 0.32 g | 0.96 g |
| Fibre | 1.36 g | 4.09 g |
| Protein | 14.18 g | 42.55 g |
| Salt | 0.57 g | 1.72 g |
| Sodium | 225.29 mg | 675.87 mg |
| Vitamin A IU | 220.45 IU | 661.36 IU |
| Vitamin A RAE | 34.99 µg | 104.96 µg |
| Carotene | 115.32 µg | 345.95 µg |
| Alpha Carotene | trace | trace |
| Beta Carotene | 51.10 µg | 153.30 µg |
| Retinol | 12.32 µg | 36.96 µg |
| Beta Cryptoxanthin | 0.00 µg | 0.00 µg |
| Thiamin | 0.16 mg | 0.47 mg |
| Riboflavin | 0.18 mg | 0.55 mg |
| Niacin | 6.63 mg | 19.89 mg |
| Pantothenic Acid | 0.78 mg | 2.34 mg |
| Vitamin B6 | 0.27 mg | 0.80 mg |
| Dietary Folate Equivalents | 4.00 µg | 12.01 µg |
| Food Folate | 4.01 µg | 12.04 µg |

| | PER 100G | PER 300G |
|---|---|---|
| Folate | 12.43 µg | 37.30 µg |
| Vitamin B12 | 0.62 µg | 1.85 µg |
| Vitamin C | 4.61 mg | 13.83 mg |
| Vitamin D IU | 2.46 IU | 7.39 IU |
| Vitamin D MCG | 0.06 µg | 0.18 µg |
| Vitamin E | 0.77 mg | 2.32 mg |
| Biotin | 2.07 µg | 6.21 µg |
| Vitamin K | 3.37 µg | 10.12 µg |
| Calcium | 39.41 mg | 118.24 mg |
| Chloride | 251.51 mg | 754.54 mg |
| Choline | 3.97 µg | 11.92 µg |
| Copper | 0.11 mg | 0.32 mg |
| Iodine | 4.20 µg | 12.61 µg |
| Iron | 1.54 mg | 4.61 mg |
| Magnesium | 33.48 mg | 100.45 mg |
| Manganese | 0.15 mg | 0.44 mg |
| Nitrogen | 2.19 g | 6.56 g |
| Phosphorus | 101.18 mg | 303.54 mg |
| Potassium | 459.23 mg | 1377.69 mg |
| Selenium | 8.86 µg | 26.58 µg |
| Tryptophan/60 | 2.66 mg | 7.97 mg |
| Zinc | 1.26 mg | 3.79 mg |
| Ash | 0.43 g | 1.28 g |
| Cholesterol | 64.68 mg | 194.04 mg |
| Lutein Zeaxanthin | 54.23 µg | 162.68 µg |
| Lycopene | 1608.64 µg | 4825.93 µg |
| Water | 0.00 g | 0.00 g |

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