Keralan Beef Curry

Brisket simmered in a coconut milk and tamarind sauce spiced with Keralan long pepper, Kashmiri 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
1367kJ 327kcal	19 g MED	5.8 g MED	6.0 g LOW	1.1 g MED
16%	26%	29%	7%	19%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 456kJ / 109kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	456kJ	1367kJ
	109kcal	327kcal
Fat	6.2g	19g
of which saturates	1.9g	5.8g
Carbohydrate	2.9g	8.6g
of which sugars	2.0g	6.0g
Protein	11g	34g
Salt	0.37g	1.1g

Ingredients and allergens

Beef, Onion, Tomatoes, Coconut Milk, Water, Rapeseed Oil, Garlic, Coconut Oil, Ginger, Ground Coriander, Chilli Powder, Salt, Green Chilli, Mustard Seeds (**Mustard**), Cumin Seeds, Fennel Seeds, Coriander Seeds, Turmeric, Curry Leaves, Chilli Peppers, Dried Red Chillies, Garam Masala, Ground Cumin, Ground Black Pepper.

CONTAINS **Mustard**

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

Recipe breakdown per 300 g serving

46.8%	140g	Beef, stewing steak, raw, lean
18.7%	56.1g	Onions, raw
11.7%	35.1g	Tomatoes, canned, whole contents
6.78%	20.4g	Coconut milk
5.85%	17.5g	Water, tap, drinking
2.92%	8.77g	Oil, rapeseed
2.11%	6.32g	Garlic, raw
1.17%	3.51g	Oil, coconut
1.17%	3.51g	Ginger, fresh
0.409%	1.23g	Ground Coriander
0.234%	0.702g	Chilli powder
0.234%	0.702g	Salt
0.234%	0.702g	Peppers, capsicum, chilli, green, raw
0.175%	0.526g	Mustard seeds
0.175%	0.526g	Cumin seeds
0.175%	0.526g	Fennel seeds
0.175%	0.526g	Coriander seeds
0.175%	0.526g	Turmeric, ground
0.175%	0.526g	Curry leaves, fresh
0.175%	0.526g	Peppers, hot chilli, red, raw
0.117%	0.351g	Crushed Red Chillies, Dried
0.117%	0.351g	Garam masala
0.117%	0.351g	Ground Cumin
0.117%	0.351g	Black Pepper Coarse Ground

Full nutrient profile

	PER 100G	PER 300G
Energy	455.83 kJ	1367.49 kJ
Energy	108.95 kcal	326.85 kcal
Fat	6.17 g	18.50 g
of which saturates	1.92 g	5.76 g
Monounsaturated Fats	2.75 g	8.26 g
Polyunsaturated Fats	1.07 g	3.21 g
Trans Fatty Acids	0.05 g	0.14 g
Carbohydrate	2.85 g	8.55 g
of which sugars	1.99 g	5.97 g
of which starch	0.35 g	1.06 g
Fibre	0.86 g	2.58 g
Protein	11.49 g	34.47 g
Salt	0.37 g	1.11 g
Sodium	144.91 mg	434.74 mg
Vitamin A IU	87.01 IU	261.04 IU
Vitamin A RAE	16.33 µg	48.99 µg
Carotene	97.89 µg	293.66 µg
Alpha Carotene	0.06 µg	0.19 µg
Beta Carotene	37.11 µg	111.34 µg
Retinol	trace	trace
Beta Cryptoxanthin	0.07 µg	0.21 µg
Thiamin	0.08 mg	0.24 mg
Riboflavin	0.15 mg	0.45 mg
Niacin	4.48 mg	13.45 mg
Pantothenic Acid	0.34 mg	1.01 mg
Vitamin B6	0.26 mg	0.79 mg
Dietary Folate Equivalents	0.04 µg	0.12 µg
Food Folate	0.05 µg	0.14 µg

	PER 100G	PER 300G
Folate	6.32 µg	18.97 µg
Vitamin B12	0.94 µg	2.83 µg
Vitamin C	3.06 mg	9.18 mg
Vitamin D IU	15.09 IU	45.26 IU
Vitamin D MCG	0.38 µg	1.13 µg
Vitamin E	0.99 mg	2.96 mg
Biotin	0.82 µg	2.47 µg
Vitamin K	4.45 µg	13.34 µg
Calcium	25.97 mg	77.91 mg
Chloride	221.13 mg	663.38 mg
Choline	0.02 µg	0.06 µg
Copper	0.06 mg	0.18 mg
Iodine	6.56 µg	19.67 µg
Iron	1.67 mg	5.01 mg
Magnesium	21.99 mg	65.97 mg
Manganese	0.10 mg	0.31 mg
Nitrogen	1.84 g	5.52 g
Phosphorus	110.64 mg	331.93 mg
Potassium	290.83 mg	872.48 mg
Selenium	3.40 µg	10.19 µg
Tryptophan/60	2.26 mg	6.78 mg
Zinc	2.83 mg	8.49 mg
Ash	0.01 g	0.03 g
Cholesterol	31.58 mg	94.75 mg
Lutein Zeaxanthin	21.88 µg	65.63 µg
Lycopene	171.01 µg	513.02 µg
Water	76.67 g	230.02 g

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