



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), Carrots (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.