# Beef Curry

By Lisa Treacy from My Life Health and Fitness



Overview ... U / 2400424





weight: **25.2%** Carbs **45%** Protein **29.8%** Fat

Serves

4

Food Labelling...

# EU Label values per 100g

	PER 100G	%RI	PER 268G SERVING	%RI
Energy(Kj)	<b>485</b> kJ	6%	<b>1300</b> kJ	15%
Energy(Kcal)	115 kcal	6%	<b>309</b> kcal	15%
Fat	<b>3.6</b> <sup>g</sup>	5%	<b>9.7</b> <sup>g</sup>	14%
of which saturates	1.2 <sup>g</sup>	6%	<b>3.1</b> <sup>g</sup>	16%
Carbohydrate	<b>7</b> <sup>g</sup>	3%	<b>19</b> <sup>g</sup>	7%
of which sugars	<b>5.6</b> <sup>g</sup>	6%	<b>15</b> <sup>g</sup>	17%
Fibre	<b>2.2</b> <sup>g</sup>	9%	<b>6</b> <sup>g</sup>	24%
Protein	<b>12</b> <sup>g</sup>	24%	<b>33</b> <sup>g</sup>	66%
Salt	<b>0.12</b> <sup>g</sup>	2%	<b>0.32</b> <sup>g</sup>	5%

# MODIFIERS & PROPERTIES Total weight: 1.62kg Weight after cooking: 1.07kg Weight change factor: 0.66 Prep Time (mins): Cooking Time (mins): Shelf Life: 4 Days Storage: -1 to +5 Fridge Brand:

CONTAINS:

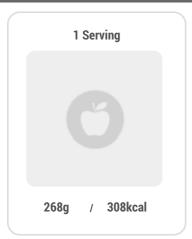


## Nutrient Breakdown per 100g.

Energy		Lipid Components		Vitamins	
Energy(Kcal) <b>5% RI</b> Energy(Kj) <b>5% RI</b>	110kcal 461kJ	Saturated Fat 6% RI Monounsaturated fat 4% RI	1.2g 1.1g	Vitamin A (ret eq) 62% RI Retinol	493ug 3.1ug
Macronutrients		cis-Mono Polyunsaturated fat 1% RI	0.21g	Carotene Vitamin D 4% RI	2193ug 0.19ug
Carbohydrate 3% RI Protein 25% RI Fat 5% RI Water Water from Drinks	6.9g 12.3g 3.6g 74g 0g	Omega3(n-3) 2% RI Omega6(n-6) 1% RI cis-Poly Trans-fatty acids Cholesterol	0.04g 0.11g - 0.08g 28.3mg	Vitamin E <b>6% RI</b> Vitamin K <sub>1</sub> <b>8% RI</b> Thiamin (B <sub>1</sub> ) <b>12% RI</b> Riboflavin (B <sub>2</sub> ) <b>11% RI</b>	0.71mg 6ug 0.13mg 0.16mg
Alcohol (0% ABV)	0g	Minerals & trace elements		Niacin total (B <sub>3</sub> ) <b>34% RI</b> Niacin <b>16% RI</b>	5.5mg 2.5mg
Carbohydrate  Starch Oligosaccharide Fibre 9% RI NSP Sugars 6% RI Glucose Galactose	0.76g 0.42g 2.2g 1.1g 5.6g 1.6g 0.35g	Sodium 2% RI Potassium 20% RI Chloride 14% RI Calcium 7% RI Phosphorus 20% RI Magnesium 7% RI Iron 17% RI Zinc 22% RI	48mg 391mg 114mg 55mg 139mg 26.1mg 2.4mg 2.2mg	Tryptophan Pantothenic Acid (B <sub>5</sub> ) 7% RI Vitamin B <sub>6</sub> 18% RI Folates (B <sub>9</sub> ) Total 7% RI Vitamin B <sub>12</sub> 27% RI Biotin (B <sub>7</sub> ) 3% RI Vitamin C 15% RI	152mg 0.43mg 0.25mg 14.2ug 0.67ug 1.4ug 12mg

Recipe Ingredients	Quantity:	Description:
Beef, lean, average, raw	500g	4.1x Small
Onions, raw	240g	1x large
Garlic, raw	12g	4x Average Portion
Peppers, capsicum, chilli, red, raw	40g	2x average pepper
Carrots, old, raw	268g	4x NHS serving (1 medium carrot)
Ginger, fresh	7.5g	1.5x Average Portion
Cumin seeds, whole or ground	6g	3x teaspoon
Coriander seeds, whole or ground	6g	3x teaspoon
Turmeric, ground	3.3g	1.5x teaspoon
Garam masala	3.8g	2x teaspoon
Yogurt, whole milk, plain	120g	2.7x tablespoon
Tomatoes, canned, whole contents	400g	1x can
Coriander, fresh, raw	8g	2x Average Portion
Organico Extra Virgin Olive Oil 500ml	9g	0x Per pack

### Portions / Pack Sizes .



### Cooking Instructions & Notes

- 1. Heat half of the oil in a saucepan and fry the beef pieces for 4–5 minutes, or until browned all over. (You may need to brown the meat in batches.) Tip the browned meat into a bowl.
- 2. Heat the remaining oil in a frying pan and fry the onions for 5 minutes, then add the carrots, garlic, chilli and ginger and fry for another 2–3 minutes. Add the spices and fry for another minute. Add the beef pieces.
- 3. Add the chopped tomatoes to the saucepan, then fill the empty can with water and add the water to the saucepan.
- 4. Stir everything together and simmer until the beef is tender.
- 5. About 10-15 mins before serving, stir in the garam masala and yoghurt and season to taste with salt and a little more chilli. Cook for a further 15 mins, then stir in the coriander.
- 6. Serve with a 50g dried portion of rice boiled or steamed per person.

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