

Fructose
 Sucrose
 Maltose
 Lactose

1.5g Copper 9% RI
 1.6g Manganese 8% RI
 0g Selenium 7% RI
 0.5g Iodine 9% RI


0.09mg
 0.16mg
 3.7ug
 13.3ug

Other
 GI (estimated) 40
 GL 2.6
 Caffeine -

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 ...

1 Serving



268g / 308kcal

Ingredient List (QUID) ...

Beef (46.7%), Tomatoes (37.3%), Carrots (25%), Onions (22.4%), Yogurt (11.2%) (Milk), Red chilli peppers (3.7%), Garlic (1.1%), Organico Extra Virgin Olive Oil 500ml (0.84%) [Extra Virgin

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.