

Beef Curry



Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Diced Beef	67 g	667 g	3.33 kg	6.67 kg	13.33 kg
Onions	50 g	500 g	2.5 kg	5 kg	10 kg
Chopped Tomatoes	87 g	867 g	4.33 kg	8.67 kg	17.33 kg
Brakes Curry Powder	2 g	17 g	83 g	167 g	333 g
Dry Coriander	2 g	17 g	83 g	167 g	333 g
Garlic Puree	0 g	2 g	8 g	17 g	33 g
Tomato Paste	3 g	33 g	167 g	333 g	667 g

Method

Sweat off the diced onions and the chopped garlic in a pan until soft
 Add the curry powder and cook out for 2 mins.
 Add the diced beef and allow to brown
 Then stir in the tomato puree and cook out to a rust colour
 Pour in the chopped tinned tomatoes and simmer for 2 - 3 hours
 Sprinkle over dried coriander and serve with rice.

Assembled Tags



Contains Mustard

Beef Curry

Nutrition

Standard Size: Ptn		
Nutrient	Per Portion	Per 100g
Energy (kcal)	127.3kcal	71.12kcal
Fat	4.6g	2.57g
Satd FA /100g fd	1.65g	0.92g
Carbohydrate	7.13g	3.98g
Protein	15.71g	8.78g
Non Milk Extrinsic Sugar	0.5g	0.28g
NSP	1.72g	0.96g
Vitamin A	63.49µg	35.47µg
Vitamin C	13.01mg	7.27mg
Zinc	4.14mg	2.31mg
Iron	2.72mg	1.52mg
Folate	46.54µg	26µg
Calcium	47.85mg	26.73mg
Sodium	80.62mg	45.04mg
Salt	0.2g	0.11g
Total sugars	5.47g	3.06g



Standard Size: Ptn

Allergen Assembled Tags



Contains Mustard