

# Sally James

## Authentic

### Beef Madras

Tender pieces of prime beef, marinated & cooked in authentic Madras herbs & spices

#### **INFORMATION**

Beef Madras 350g

Beef Madras Frozen Ready Meal

#### **Ingredients**

Cooked Beef (26%) (Contains: Beef, Tapioca Starch, Salt), Water, Onion, Tomato, Rapeseed Oil, Spices [MUSTARD], Ginger Puree, Garlic Puree, Tomato Puree, Cornflour Desiccated Coconut, Cumin, Coriander, Sugar, Curry Powder (Contains: Coriander, Cumin, Turmeric, Salt, Fennel, Lentils, Chilli, Bay Leaves, Fenugreek, Cinnamon, Garlic, Clove), Lemon Juice, Salt, Chicken Bouillion (Contains: Salt, Potato Starch, Palm Oil, Maltodextrin, Natural Flavourings, Chicken Fat, Sugar, Yeast Extract, Chicken Extract, Chicken, Carrot, Sage, Spices [CELERY]), Coconut Milk Powder (Contains: Coconut Milk Solids, Maltodextrin, Sodium Caseinate [MILK], Tamarind (Contains: Salt), and Herbs

#### **Directions for Use**

From frozen, place it in boiling water for 10-15 minutes; or 1900W Microwave Pierce pouch & place on a dish. Defrost for 6 minutes & reheat on full power for 1-2 minutes. Ensure the product is thoroughly heated before serving.

#### **Storage Instructions**

-18°C or below, Once defrosted do not re-freeze

#### **Suitability**

Lactose intolerance suitable: Yes

Coeliacs suitable: Yes

#### **Allergens**

**Contains** celery, celeriac, milk, mustard, tree nuts:

**May Contain** almond nuts, hazelnut nuts, walnut nuts, cashew nuts, pecan nuts, brazil nuts, pistachio nuts, macadamia nuts, Queensland nuts, palm oil.

The information above is correct at the time of publishing ( August 2021)

*"take care, stay safe, rely on me!"*

*Sally*