

Beef Madras Curry (GF) | Be Fit Food

Canonical: <https://befitfood.com.au/products/beef-madras-curry-gf>

Details:

Product

Product Facts

****Product Name**:** Beef Madras Curry (GF) ****Availability**:** In Stock ****Fulfillment Type**:** online
****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Beverages > Prepared Meals & Ready-to-Eat ****GTIN**:** 9358266000595 ****MPN**:** 9358266000595

This classic Beef Madras Curry features chunky vegetables, brown rice, and a homemade blend of herbs and spices. With five vegetables, lentils, and slow-cooked beef, this curry is filling and nutritious. We have kept unnecessary fats and salts out of our recipe, leaving you with a flavour-packed, indulgent dish (without the excess calories). Gluten free Excellent source of protein (>30g per serve) Good source of dietary fibre Low in saturated fat Contains grass-fed beef Chilli rating: 1 The level of chilli is low, so if you prefer a hot and spicy meal, you can add a few chili flakes to taste. Heating & Storage Instructions * Meals with 30g Protein Badge are \$1 more than other main meals. Nutrition Ingredients: Beef (30%), Diced Tomato (Tomato, Citric Acid), Mushroom, Bok Choy, Brown Rice, Onion, Green Beans, Green Lentils, Coconut Milk, Beef Stock, Tomato Paste, Gluten Free Soy Sauce, Garlic, Ginger, Curry Powder (0.5%), Ground Coriander, Fresh Coriander, Cumin, Olive Oil, Corn Starch, Pink Salt, Mixed Herbs, Turmeric, Cardamom. Allergens: Soy May Contain: Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin

Variant Price Availability	--- --- ---	110002.GF 14.95 AUD	110002.GF-MP1 13.85 AUD
110002.GF-MP2 13.50 AUD	110002.GF-MP3 12.95 AUD	110002.GF-MP4 13.55 AUD	110002.GF-MP5 14.40 AUD
110002.GF-MP6 10.15 AUD	110002.GF-MB1 14.90 AUD	110002.GF-MB2 14.50 AUD	110002.GF-MB3 13.95 AUD
110002.GF-MP7 14.05 AUD	110002.GF-MB4 13.50 AUD		

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Price: A\$14.95 . Confirm current availability and the final total at checkout.

[View product and ordering options](#)

Product details

Gluten free

Excellent source of protein (>30g per serve)

Good source of dietary fibre

Low in saturated fat

Contains grass-fed beef

Chilli rating: 1

The level of chilli is low, so if you prefer a hot and spicy meal, you can add a few chili flakes to taste.

Heating & Storage Instructions

Ingredients: Beef (30%), Diced Tomato (Tomato, Citric Acid), Mushroom, Bok Choy, Brown Rice, Onion, Green Beans, Green Lentils, Coconut Milk, Beef Stock, Tomato Paste, Gluten Free Soy Sauce, Garlic, Ginger, Curry Powder (0.5%), Ground Coriander, Fresh Coriander, Cumin, Olive Oil, Corn Starch, Pink Salt, Mixed Herbs, Turmeric, Cardamom.

Allergens: Soy May Contain: Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin

Nutrition information

Serving size: 279 g. Values below are transcribed from the product page's nutrition panel.

Nutrient	Average per serving	Average per 100g	---	---	---	Energy	1060 kJ (254 Cal)	382 kJ (91 Cal)
Protein	30.2 g	10.8 g	Fat	6.4 g	2.3 g	Saturated fat	2.4 g	0.9 g
Carbohydrate	15.6 g	5.6 g	Sugars	4.5g	1.6g	Fibre	6.5g	2.3g
Sodium	496mg	178mg						

View the original nutrition panel . For multi-serve packs, the per-serving values are for the stated serving, not the entire pack. Check the label on the product you receive.

Delivery and storage

Free standard shipping on eligible orders of A\$200 or more. Standard shipping is A\$19.95 below A\$200. Check your postcode and delivery schedule ; choose an available delivery date at checkout.

Follow the storage and preparation instructions on the product packaging. For guidance, visit heating and storage FAQs . Different products have different preparation requirements.

Questions about this product

Where are the ingredients and allergens?

The product details above reproduce the current online ingredients and allergen information. Always check your delivered pack, including any “may contain” declaration.

Does this order qualify for free shipping?

Eligible orders totalling A\$200 or more qualify for free standard shipping. Below A\$200, standard shipping is A\$19.95. Check delivery coverage and options at checkout.

For help with this product, call 1300 263 257 or email support@befitfood.com.au .

Explore related products

Mexican Stovetop Penne (GF)

Wholemeal Beef Lasagne

Italian Beef Meatballs (GF)