

Sally James

Authentic Goan Vegetable Curry

A medium spiced, South Indian dish, flavoured with tomatoes & almonds. Finished with coconut & chopped coriander, Suitable for Vegetarians

INFORMATION

Goan Vegetable Curry 350g

Goan Vegetable Curry Frozen Meal Ready in Minutes

Ingredients

Vegetables in Varying Proportions (66%) (Contains: Onion, Cooked Sweet Potato (Rapeseed Oil), Tomato, Cooked Capsicum (Rapeseed Oil), Spinach, Tomato Puree), Water, Chickpeas (Contains: Water, Salt), Coconut Milk Powder (Contains: Coconut Milk Solids, Maltodextrin, Sodium Caseinate [MILK]), Rapeseed Oil, Natural Yogurt [MILK], Sugar, Spices, Garlic Puree, Lemon Juice, Single Cream [MILK], Salt, MUSTARD Seed, Cornflour, Coconut Cream, Herb

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

Vegetarian suitable: Yes

Coeliacs suitable: Yes

Hfss product: null

Allergens

Contains Mustard, Milk

May Contain 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