

Dinner for four. Shopping & Ingredients list

Shopping List for Prawn Curry:

400g raw shelled prawns. 1 large onion, 6 cloves garlic, 2cm ginger, 1 green chilli, tomato or tomato puree. Coriander for garnish.

Things you may already have: 2 tbsp oil, salt to taste, 1/2 a lemon.

Shopping List for Chicken Curry:

500g skinless chicken thighs, 1 large onion, 4 cloves of garlic, 2cm ginger, 1 tomato or 1tbsp tomato puree.

Things you may already have: 1 tbsps oil, salt to taste, soy sauce.

Shopping List for Jackfruit Curry:

400g tin of jackfruit. 1 small onion. 1 clove of garlic. 1 green chilli (optional). Handful of green leaves (spinach, kale, pak choi etc),

Things you may already have: 2 tbsps oil, salt to taste

Shopping List for Mixed Veg Curry:

200g mixed vegetables (frozen), 1 medium potato or sweet potato, 1 small onion, 1 chillie, 1 tomato. Coriander to garnish.

Things you may already have: 2 tbsps oil, salt to taste,

Shopping List for Red Lentil curry:

200g red lentils, 1 small onion, 1 chilli, 2 cloves garlic.

Things you may already have: 2 tbsps oil, salt to taste,

Ingredients in coconut roti: desiccated coconut, coconut milk powder, salt.

Allergens: All Purpose Flour.

Ingredients in **Gluten Free** coconut roti: Flour blend (rice, potato tapioca, maize, buckwheat), salt, sodium bicarbonate, Xanthan gum, desiccated coconut, coconut milk powder.

Ingredients in Papadams: Urid flour, salt, coconut oil, Allergens: None

Ingredients in spice packs:

coriander, cumin, cloves, green cardamom, Ceylon cinnamon, nutmeg, fennel, peppercorn, curry leaves, tamarind powder (corn starch), turmeric, chilli flakes & powder, nutmeg, fenugreek, Pandan leaves, lemongrass, Coconut milk powder.

(Allergens) MUSTARD SEEDS.

Produced in an environment that cannot be guaranteed nut-free. Store in a cool dry place.