

The Blends Trio Ingredients

Balti

Cumin, turmeric, coriander, black **mustard**, fenugreek seeds, red chilli, fennel seeds, cinnamon, nigella seeds, fenugreek leaves

Butter Chicken

Turmeric, Kashmiri chilli, garam masala, cloves, fenugreek seeds, green cardamom, fenugreek leaves, cinnamon

Madras

Cumin, fenugreek seeds, black pepper, red chilli, coriander, Kashmiri chilli, black **mustard**, turmeric, fennel seeds, cinnamon, cardamom, curry leaves

Allergen advice, see ingredients in **bold**