



For a tasty Bhuna Curry for two:
Sizzle: Heat 2 tbsps of oil, add a large diced onion and fry until soft. Stir in 1/2 jar of **GEO ORGANICS BHUNA CURRY PASTE** and heat for 1 min to release the flavours. Add 400g of vegetables or meat and cook for 5 mins. For extra spice add 2 green chillies (optional). Add 200g can of chopped tomatoes, 50ml of water and simmer gently until cooked through.
Enjoy: Add 2 tbsps of plain yogurt and enjoy with boiled rice or naan bread.
See website for more recipe ideas.

Produced in NL for: Venture Foods UK Ltd, Unit S23
Hastingwood Ind. Park, Wood Ln, Birmingham, B24 9QR
www.geoorganics.co.uk
EU: Rua Lourenco Moleiro, 233, Zona Ind. de Mosteiro,
4520-409 Mosteiro VFR, Portugal.
Australian Distributor: Watersteps Pty Ltd, 2/92a
Bradleys Head Road Mosman, NSW 2088



NL-BIO-01
EU/non-EU
agriculture

180g

INGREDIENTS:

Water, White Wine Vinegar*, Tomato Paste* (9%), Ground Coriander*, Sunflower Oil*, Ground Cumin*, Paprika*, Ground Turmeric*, Corn Starch*, Sea Salt, Ground Fenugreek*, Ground Ginger*, Chilli Powder*.

Organically Produced. For allergens: See ingredients in **Bold.*

Not suitable for those with allergies to **Nuts**. This product is made in a factory that handles soya, egg, dairy products and nuts.

FR Eau, Vinaigre de Vin Blanc*, Pâte de Tomates* (9%), Coriandre Moulue*, Huile de Tournesol*, Cumin Moulu*, Paprika*, Curcuma Moulu*, Amidon de Maïs*, Sel Marin, Fenugrec Moulu*, Gingembre Moulu*, Piment Poudre*. **Produites Biologiquement.*

Pour les allergènes: Voir les ingrédients en **gras**. Peut contenir des traces de **noix**. De préférence avant fin: voir couvercle.

NL Water, Witte Wijnazijn*, Tomatenpuree* (9%), Gemalen Koriander*, Zonnebloemolie*, Gemalen Komijn*, Paprika*, Gemalen Kurkuma*, Maïszetmeel*, Zeezout, Gemalen Fenegriek*, Gemalen Gember*, Chili Poeder*. **Van Gecontroleerd Biologische Teelt.*

Voor allergenen: zie **vetgedrukte** ingrediënten. Kan sporen van **noten** bevatten. Houdbaar tot einde: zie deksel.

Nutritional Information

Typical Values/ Valeurs Moyennes/ Per 100g	
Gemiddelde Waarden	
Energy/ Energie/ Energie	563kJ 136Kcal
Fat/ Matière Grasse/ Vetten	10.1g
of which saturates/ dont acides gras saturés/ waarvan verzadigde vetzuren	0.7g
Carbohydrate	5.4g
Glucides/ Koolhydraten	
of which sugars/ dont sucres/ waarvan suikers	1.6g
Fibre/ Fibres Alimentaires/ Vezels	5.8g
Protein/ Protéines/ Eiwitten	3.0g
Salt/ Sel/ Zout	1.08g



Best Before End: See Lid
Store in a cool dry place.
Refrigerate after opening
and use within 4 weeks.

