

HELLO GENIUS!

ICE° KITCHEN

THAI PANANG CURRY PASTE

2 POTS • SERVES 4

FRESHLY FROZEN

PLANT BASED

MEDIUM

FLAVOUR!

can be a faff, so HARD BIT for you. SPICES, pounded foraged the herbs. OK, bit but you get the idea. that didn't steal on doesn't invite a tornado always leaves EVERYONE FOR SECONDS. FROZEN cooking pastes, FUSS-FREE food WITHIN 30 MINUTES. wash the food processor!

NO FUSS

We know cooking WE'VE DONE THE We've ROASTED THE the AROMATICS and maybe not the foraging HERE'S TO THE MEAL afternoon to plan, that to your kitchen and SCRAMBLING With our FRESH you'll get DELICIOUSLY from POT to PLATE And you don't have to

FRESHLY FROZEN FOR THE MOST VIBRANT FLAVOUR!

THAI PANANG CURRY PASTE

INGREDIENTS: Coconut Cream, Water, Kaffir Lime Leaves, Lemongrass, Shallots, Garlic, Dark Brown Sugar (Sugar, Cane Molasses), Red Chilli, Galangal, Sea Salt, Kaffir Lime Zest, Turmeric, Coriander, Cumin.

NUTRITIONAL INFORMATION:	
Per 100g	Per ½ Pot
Energy (kJ)	468 180
Energy (kcal)	111 43
Total Fat (g)	4.7 1.8
of which Saturated Fat (g)	3.2 1.2
Carbohydrates (g)	18.3 7.1
of which Sugars (g)	8.6 3.3
Fibre (g)	3.4 1.3
Protein (g)	2.4 0.9
Salt (g)	5.2 2.0

Made in a factory that handles Nuts, Milk & Soya.

Store frozen at -18°C. Once defrosted, do not refreeze and consume within 2 days.

THIS PRODUCT MUST BE COOKED.

Pot not suitable for microwave.

Ice Kitchen Ltd.

42 Crosby Road North, Liverpool, L22 4QQ, UK

2 POTS x 77g e

ONLY REAL INGREDIENTS

GLUTEN FREE

PLANT BASED

MADE IN THE UK

OUR THAI PANANG CURRY

FEEDS TWO IN 25 MINUTES

YOU'LL NEED

- 1 pot Thai curry paste
- 1 tbsp vegetable oil
- 200g sliced chicken/tofu
- 1 x 400ml can coconut milk - preferably organic
- 200g sliced veggies of your choice

STEPS

1. Fry the paste straight from frozen for 3-4 mins on a low heat, stirring frequently.

2. Add the coconut milk and bring to a simmer. Cook for 6-8 mins or slightly longer if you prefer a thicker curry.

3. Add chicken/tofu and cook for a further 5 mins.

4. Finally, add the veg and cook until the meat is done and veggies are just tender.

5. Serve with rice. Optional garnish - crushed peanuts and sliced red chilli.

MORE Recipes @

ICEKITCHEN.COM

ICE° KITCHEN

THAI PANANG CURRY PASTE

Keep it Fresh!

SERVES 4

ICE° KITCHEN

THAI GREEN

25 MINS

ICE° KITCHEN

INDIAN JALFREZI

30 MINS

ICE° KITCHEN

MEXICAN FAJITA

20 MINS

ICE° KITCHEN

MEXICAN SMOKY BBQ

20 MINS

ICE° KITCHEN

JAMAICAN JERK

25 MINS

EXTENDED RANGE AVAILABLE AT

ICEKITCHEN.COM

BOX & POT

Widely Recycled

FILM

Not yet Recycled

@THEICEKITCHEN

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