

5 060005 462895



For a tasty Madras Curry for two:
Sizzle: Heat 2 tbsps cooking oil, add a large diced onion and fry until soft. Add 1/2 jar of **GEO ORGANICS MADRAS CURRY PASTE** and heat for 1 min to release the flavours. Add 400g of vegetables or meat and cook for 5 mins, add 200g fresh or tinned chopped tomatoes and 50ml water, simmer gently until cooked through.
Enjoy: Add 2 tbsps of plain yogurt, garnish with coriander 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



ORGANIC
Madras
Curry Paste
 Authentic Blend of Indian Spices



**Fresh
NEW
TASTE**



NL-BIO-01
 EU/non-EU
 agriculture

180g

INGREDIENTS:

Water, White Wine Vinegar*, Tomato Paste* (16%), Sunflower Oil*, Coriander*, Ginger Puree*, Garlic Puree*, Chilli Powder*, Cumin*, Corn Starch*, Salt, Turmeric*, Cinnamon*, Ground Ginger*.

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 Tomate* (16%), Huile de Tournesol*, Coriandre*, Purée de Gingembre*, Purée d'Ail*, Poudre de Piment*, Cumin*, Amidon de Maïs*, Sel, Curcuma*, Cannelle*, Moulus Gingembre*. **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* (16%), Zonnebloemolie*, Koriander*, Gemberpuree*, Knoflookpuree*, Chilipoeder*, Komijn*, Maïszetmeel*, Zout, Kurkuma*, Kaneel*, Gemalen Gember*. **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	339kJ 81Kcal
Fat/ Matière Grasse/ Vetten	4.2g
of which saturates/ dont acides gras saturés/ waarvan verzadigde vetzuren	0.3g
Carbohydrate	10.5g
Glucides/ Koolhydraten	
of which sugars/ dont sucres/ waarvan suikers	2.3g
Fibre/ Fibres Alimentaires/ Vezels	3.6g
Protein/ Protéines/ Eiwitten	2.3g
Salt/ Sel/ Zout	1.74g



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

