

HELLO DELICIOUS!

ICE° KITCHEN

THAI MASSAMAN CURRY PASTE

2 POTS • SERVES 4

FRESHLY FROZEN

PLANT BASED

MILD

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 an 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 MASSAMAN CURRY PASTE

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

NUTRITIONAL INFORMATION:

	Per 100g	Per ½ Pot
Energy (kJ)	508	196
Energy (kcal)	121	47
Total Fat (g)	5.2	2.0
of which Saturated Fat (g)	3.9	1.5
Carbohydrates (g)	19.8	7.6
of which Sugars (g)	10.0	3.8
Fibre (g)	3.0	1.1
Protein (g)	2.3	0.9
Salt (g)	4.6	1.8

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 MASSAMAN 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

- Fry the paste straight from frozen for 3-4 mins on a low heat, stirring frequently.
- Add the coconut milk and bring to a simmer. Cook for 6-8 mins or slightly longer if you prefer a thicker curry.
- Add chicken/tofu and cook for a further 5 mins.
- Finally, add the veg and cook until the meat is done and veggies are just tender.
- Serve with rice. Optional garnish - crushed peanuts & sliced red chilli.

MORE Recipes @ ICEKITCHEN.COM

ICE° KITCHEN

THAI MASSAMAN CURRY PASTE

Keep it Fresh!

SERVES 4

Say hello TO EASY WEEK NIGHTS

ICE° KITCHEN

THAI PANANG

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

5 060395 591793