

HELLO GENIUS!

ICE° KITCHEN

THAI RED CURRY PASTE

2 POTS • SERVES 4

FRESHLY FROZEN

PLANT BASED

HOT

FLAVOUR!

can be a faff, so HARD BIT for you. SPICES, pounded forged 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!

FRESHLY FROZEN FOR THE MOST VIBRANT FLAVOUR!

THAI RED CURRY PASTE

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

NUTRITIONAL INFORMATION:

	Per 100g	Per ½ Pot
Energy (kJ)	428	165
Energy (kcal)	102	39
Total Fat (g)	4.4	1.7
of which Saturated Fat (g)	3.2	1.2
Carbohydrates (g)	17.0	6.5
of which Sugars (g)	7.9	3.0
Fibre (g)	2.3	0.9
Protein (g)	2.2	0.8
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 RED 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.

MORE Recipes @ ICEKITCHEN.COM

ICE° KITCHEN

THAI RED CURRY PASTE

Keep it Fresh!

SERVES 4

INDIAN JALFREZI

30 MINS

MEXICAN SMOKY BBQ

20 MINS

THAI PANANG

25 MINS

MEXICAN FAJITA

20 MINS

JAMAICAN JERK

25 MINS

Say hello TO EASY WEEK NIGHTS

EXTENDED RANGE AVAILABLE AT ICEKITCHEN.COM

BOX & POT Widely Recycled

FILM Not yet Recycled

@THEICEKITCHEN

5 060395 591786