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For a tasty Satay 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 SATAY CURRY PASTE** and heat for 1 min to release the flavours. Add 2 tbsps smooth peanut butter and simmer for 1 minute. Add 500g of vegetables or meat and cook for 5 mins. Add 400ml of coconut milk, a dash of soy sauce (optional) and 50ml of water, simmer gently until cooked through. **Enjoy:** Garnish with chopped coriander and/or roasted crushed peanuts. Serve 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
Indonesian
Satay
 Curry Paste

Authentic Blend of Indonesian Spices



MILD &
 AROMATIC



NL-BIO-01
 EU/non-EU
 agriculture

180g

INGREDIENTS:

Diced Onion*, Molasses*, Water, Sunflower Oil*, Granulated Sugar*, Ginger Puree*, Date Syrup*, Garlic Puree*, Corn Starch*, Salt, Acidity Regulator: Citric Acid, Ground Fennel*, Ground Fenugreek*, Ground Cumin*, Cinnamon*, Paprika powder*, Lemongrass Oil. *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 Oignon en Dés*, Mielasse*, Eau, Huile de Tournesol*, Sucre Cristallisé*, Purée de Gingembre*, Sirop de Datte*, Purée d'ail*, Amidon de Maïs*, Sel, Correcteur d'acidité: Acide Citrique, Fenouil Moulu*, Fenugrec Moulu*, Moulu Cumin*, Cannelle*, Paprika en Poudre*, Huile de Citronnelle. *Produites Biologiquement*. Pour les allergènes: Voir les ingrédients en **gras**. Peut contenir des traces de **noix**. De préférence avant fin: voir couvercle.

NL Uiblokjes*, Melasse*, Water, Zonnebloemolie*, Kristalsuiker*, Gemberpuree*, Dadelsiroop*, Knoflookpuree*, Maïszetmeel*, Zout, Zuurteregelaar: Citroenzuur, Gemalen Venkel*, Gemalen Fenegriek*, Gemalen Komijn*, Kaneel*, Paprikapoeder*, Citroengrasolie. *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	1087kJ 260Kcal
Fat/ Matière Grasse/ Vetten	14.3g
of which saturates/ dont acides gras saturés/ waarvan verzadigde vetzuren	1.7g
Carbohydrate	31.5g
Glucides/ Koolhydraten	28.1g
of which sugars/ dont sucres/ waarvan suikers	
Fibre/ Fibres Alimentaires/ Vezels	na
Protein/ Protéines/ Eiwitten	0.8g
Salt/ Sel/ Zout	2.0g



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

