



For a tasty Tikka Masala Curry for two:
Sizzle: Heat 2 tbsps of oil, add a large diced onion and fry until soft. Add 1/2 jar of **GEO ORGANICS TIKKA MASALA CURRY PASTE** and heat for 1 min to release the flavours. Add 400g of vegetables or meat and cook for 5 mins. Add 200g can of chopped tomatoes, 50ml of double cream and simmer gently until cooked through.
Enjoy: Add 2 tbsps of plain yogurt and enjoy with 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



NL-BIO-01
EU/non-EU
agriculture
180g

INGREDIENTS:

Water, White Wine Vinegar*, Tomato Paste* (16%), Ground Coriander*, Sunflower Oil*, Ginger Puree*, Garlic puree*, Ground Turmeric*, Corn Starch*, Sea Salt, Chilli Powder*, Ground Cumin*, Ground Cinnamon*, Paprika*, Ground Ginger*, Ground Cloves*. **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%), Coriandre Moulue*, Huile de Tournesol*, Purée de Gingembre*, Purée d'Ail*, Curcuma Moulue*, Amidon de Maïs*, Sel Marin, Poudre de Piment*, Cumin Moulue*, Cannelle Moulue*, Paprika*, Gingembre Moulue*, Clous de Girofle Moulus*.
**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%), Gemalen Koriander*, Zonnebloemolie*, Gemberpuree*, Knoflookpuree*, Gemalen Kurkuma*, Maïszetmeel*, Zeezout, Chilipoeder*, Gemalen Komijn*, Gemalen Kaneel*, Paprika*, Gemalen Gember*, Gemalen Kruidnagel*. **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	349kJ 84Kcal
Fat/ Matière Grasse/ Vetten	4.5g
of which saturates/ dont acides gras saturés/ waarvan verzadigde vetzuren	0.4g
Carbohydrate	10.5g
Glucides/ Koolhydraten	2.4g
of which sugars/ dont sucres/ waarvan suikers	
Fibre/ Fibres Alimentaires/ Vezels	3.9g
Protein/ Protéines/ Eiwitten	2.4g
Salt/ Sel/ Zout	1.47g



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

