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For a tasty Balti Curry for two:
Sizzle: Heat 2 tbsps of oil, add 1 large diced onion and fry until soft. Stir in 1/2 jar of **GEO ORGANICS BALTI CURRY PASTE** and heat for 1 min to release the flavours. Add 400g of vegetables or meat and cook for 5 mins. For extra spice add 2 green chillies (optional). Add 200g can of chopped tomatoes, 50ml of water 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



ORGANIC Balti Curry Paste

Authentic Blend of Indian Spices



Fresh
NEW
TASTE



NL-BIO-01
EU/non-EU
agriculture

180g

INGREDIENTS:

Water, White Wine Vinegar*, Sunflower Oil*, Tomato Paste* (10.5%), Ground Cumin*, Paprika*, Ground Turmeric*, Ground Coriander*, Corn Starch*, Sea Salt, Cinnamon*, Garlic Powder*, Chilli Powder*, Fennel*. *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*, Huile de Tournesol*, Pâte de Tomate* (10.5%), Cumin Moulu*, Paprika*, Curcuma Moulu*, Coriandre Moulue*, Amidon de Maïs*, Sel de Mer, Cannelle*, Poudre d'ail*, Poudre de Piment*, Fenouil*. *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 Wijn Azijn*, Zonnebloemolie*, Tomatenpuree* (10.5%), Gemalen Komijn*, Paprika*, Gemalen Kurkuma*, Gemalen Koriander*, Maïszetmeel*, Zeezout, Kaneel*, Knoflookpoeder*, Chilipoeder*, Venkel*. *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	889kJ 215Kcal
Fat/ Matière Grasse/ Vetten	18g
of which saturates/ dont acides gras saturés/ waarvan verzadigde vetzuren	1.3g
Carbohydrate	7.5g
Glucides/ Koolhydraten	
of which sugars/ dont sucres/ waarvan suikers	2.1g
Fibre/ Fibres Alimentaires/ Vezels	5.1g
Protein/ Protéines/ Eiwitten	2.8g
Salt/ Sel/ Zout	1.39g



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

