

# ฝรั่ง PAYST LONDON



Handmade Premium Thai Massaman Curry Paste 100g

## INGREDIENTS

(Allergens bold/italic/underlined) Dry red chilli, Thai shallot, peeled garlic, young lemongrass, young galangal, coriander root, roasted peanuts, cloves, makrut lime zest, coriander seeds, cumin seeds, mace, whole nutmeg, Thai cardamom, cassia bark, salt, palm sugar, gluten free soy sauce

## DIRECTIONS

Serves 2

Heat and stir the paste in a saucepan for 2 minutes in hot oil. Add 300g roasted fruit/potatoes (or meat/fish), 300g of vegetables and 400ml of coconut milk. Simmer for 20 minutes. Serve with rice.

## NUTRITION



Energy 120kcal/100g Carbohydrate 23.8g/100g Sodium 0.8g/100g Salt 1.9g/100g Fat 3.0g/100g of which saturates 0.9g/100g Protein 4.9g/100g Fibre 11.2g/100g Total sugars 12.0g/100g

## STORAGE

Keep refrigerated. Fresh produce. Once opened, use immediately.

Please note that the fresh 100g pastes are chilled and will need to be refrigerated on arrival. We make the pastes fresh every week and they will arrive with an 8 month refrigerated shelf-life.

Suitable for home freezing.

Contains nuts.

Suitable for vegans.

Gluten free.