

Product Specification Sheet – Curry Flavours Spice Mix

Title Chicken Saag Curry (Chicken & Spinach) Spice Mix

Level Medium 

Overview: -

Chicken & Spinach Curry is also known as “murg saag” as the words “saag” and “palak” are used interchangeably for spinach in some parts of India, such as Punjab. You can use on the bone chicken pieces for this recipe, if you prefer.

This is a bit of a midweek favourite for me – fresh thigh fillets are relatively easy to source at supermarkets, and the perfect blend of spice mix in your kitchen cupboard. Once done remember to squirt a splash of lemon all over the curry and mop it up with a warmed, ready roti bread

Also, pairs with Beef, Prawns, Lobsters & Potatoes.

What you'll need	Diced Chicken Thickened Cream Butter
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Instructions to Prepare

See Quantities as per below table.

1. Add oil and water, followed by diced chicken and partially cook off. Cover the pan to retain the juices
2. Add the spice mix and stir well,
3. Finally add thickened cream and butter and simmer off. (Simmer on low heat)
4. Chicken Saag is now ready to serve – Add salt to taste.

Spice Mix	100grams	1kg
Cooking Oil	100ml	1 Ltr
Water	600ml	6 Ltr's
Diced Chicken	1 Kg	10 Kg
Spice Mix	100 grams	1 kg
Thickened Cream	50ml	500 ml
Butter	20-30 grams	200-300 grams
Cook Loss	5%	5%
Total Yield	1.7 Kg	17 Kg

Pack	Retail Pack	Food Service Pack
Weight	100 grams	1 kg
Price per pack		
Serves	8 serves	80 serves
Yield	1.75 kg	17.5 kg
Barcode	9348630001365	9348630002362

- Hint:-**
1. Add a diced tomato in the curry while simmering if desired
 2. Garnishing with Coriander leaves, ginger juliennes and sliced tomatoes
 3. Serve with a wedge of lemon if desired

Ingredients: - Dehydrated vegetables (tomato, garlic, onion, spinach), maltodextrin (maize), sugars, spices (fenugreek, ginger, cardamom, cloves, coriander, cumin, turmeric, thickener (1422), salt, acidity regulator (330), colour (150a, 160c), canola oil

Allergens: -

Nutritional Information

	Per 100 grams
Energy	1308kj
Protein	12.4g
Fat, total	2.4g
Fat, saturated	0.5g
Carbohydrates	57.2g
Sugars	9.9g
Dietary Fibre	4.7g
Sodium	4577mg



Food Safety System in place



Bain- Marie Stable

Held Covered For no More Than 4 Hours



Freeze-Thaw Stable

Thawed under 0-5°C Chilled Conditions



Cook Chill Stable

When Prepared As Per Directions, Chilled



Below 0-5°C, then reheated

Nut free Range



Our Details

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Storage

For Maximum Freshness, Store In A Cool Dry Place