

Product Specification Sheet – Curry Flavours Spice Mix

Title Lamb Saag Curry (Lamb & Spinach) Spice Mix

Level Medium 

Overview: -

Lamb & Spinach Curry is also known as palak gosht, as the words “saag” and “palak” are used interchangeably for spinach in some parts of India, such as Punjab. You can use lamb chops for this recipe, if you prefer. Spinach with any proteins are a match made in heaven. In this instance, we’ve combined spinach, lamb and deep and dark spices and the result is a restaurant classic that you have every reason to lick off a plate.

This is a bit of a midweek favourite for me - Good cuts of diced lamb 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 Lamb Thickened Cream Butter
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Instructions to Prepare

See Quantities as per below table.

1. Add Oil,
2. Add the diced lamb and panfry to fully cook off. Add water and cover the pan to retain the juices
3. Add the spice mix, stir well
4. Finally add thickened cream and butter and simmer off. (Simmer on low heat)
5. Lamb & Spinach is now ready to serve – Add salt to taste.

Spice Mix	100grams	1kg
Cooking Oil	90ml	900 ml
Water	600ml	6 Ltr's
Diced Lamb	1 Kg	10 Kg
Butter	20/30 grams	200/300 grams
Spice Mix	100 grams	1 kg
Thickened Cream	50ml	500 ml
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	9348630001358	9348630002355

Hint:- 1. Add a diced tomato in the curry while simmering if desired

2. Garnishing with Coriander leaves, ginger juliennes and sliced tomatoes

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



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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



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Storage

For Maximum Freshness, Store In A Cool Dry Place