

Product Specification Sheet – Curry Flavours Spice Mix

Title Methi Chicken Curry Spice Mix

Level Mild



Overview: -

This is the recipe of Methi Chicken which is a simple delicately flavoured chicken curry with Fenugreek (Methi leaves). This is a Sindhi specialty which has its origins from the Indus Valley Civilisation. Prepared with Fenugreek, it is not just easy to make but is a must to savour any season of the year. Fenugreek itself is a magical herb, lightly spiced it adds such lovely and healthful flavour to any dish. Fenugreek aids better digestion treats respiratory conditions, cures skin problems and maintain a good metabolism. We have tried to combine flavour and health in this delicious chicken methi curry

Also, pairs with Vegetables and lobsters

What you'll need	Diced Chicken Coconut Cream
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Instructions to Prepare

See Quantities as per below table.

1. Add oil and water, then add the diced chicken and partially cook off. Cover the pan to retain the juices
2. Add the spice mix and water, stir well
3. Add the coconut cream
4. Simmer on low heat till sauce thickens up
5. Methi Chicken is ready to serve

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
Coconut Cream	100 ml	1 Ltr
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	9348630001228	9348630002225

Hint:- 1. Garnishing with Coriander leaves and small coconut pieces (fresh or dried)

2. Add a dollop of Butter while cooking for a better taste

Ingredients: - Dehydrated vegetables (tomato, garlic, onion, spinach), maltodextrin (maize), sugars, spices (fenugreek, ginger, cardamom, cloves, coriander, cumin, turmeric, nutmeg, cinnamon, pimento, cassia, fennel, pepper) Thickener (1422), salt, acidity regulator (330), canola oil, spice extract, colours (150a, 160c), mustard flour.

Allergens: -

Nutritional Information

	Per 100 grams
Energy	1398kj
Protein	5.7g
Fat, total	2.0g
Fat, saturated	0.3g
Carbohydrates	69.8g
Sugars	8.1g
Dietary Fibre	5.0g
Sodium	3601mg



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