

Product Specification Sheet – Curry Flavours Spice Mix

Title Mango Prawns Curry Spice Mix

Level Mild



Overview: -

A delicious creamy and sweet curry, this prawn and mango curry uses mango pieces in the sauce as well as rich coconut cream. Simple to make in under 30 minutes from beginning to end, the Thai flavours sing in this delectable dish

Also, pairs with Beef, Vegetables & Lamb

What you'll need	Deveined and De-Shelled Prawns Coconut Cream Capsicums (Medium 20x20mm cubed)
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Instructions to Prepare

See Quantities as per below table.

1. Add Oil,
2. Add the capsicums and prawns and panfry to partially cook off. Cover the pan to retain the juices
3. Add the spice mix and water, stir well
4. Add the coconut cream, stir through
5. Simmer on low heat till sauce thickens up
6. Mango Prawns are ready to serve

Spice Mix	100grams	1kg
Cooking Oil	100ml	1 Ltr
Water	600ml	6 Ltr's
Prawns	1 Kg	10 Kg
Capsicums (Medium 20x20mm cubed)	50 grams	500 grams
Spice Mix	100 grams	1 kg
Coconut Cream	50 grams	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	9348630001334	9348630002331

Hint:- 1. Garnishing with Coriander leaves and a desiccated coconut if desired
2. Add a dollop of Butter while cooking for a better taste

Ingredients: - Dehydrated vegetables (tomato, onion), dried fruit (mango), maltodextrin (maize), sugars, spices (fenugreek, ginger, cardamom, cloves, coriander, cumin, turmeric, nutmeg, cinnamon, pimento, cassia, fennel, pepper) Thickener (1422), salt, acidity regulator (330), colour (160c), canola oil, spice extract, vegetable extracts, colour (100)

Allergens: - Wheat

Nutritional Information

	Per 100 grams
Energy	1376kj
Protein	3.3g
Fat, total	1.1g
Fat, saturated	0.2g
Carbohydrates	73.7g
Sugars	45.8g
Dietary Fibre	3.5g
Sodium	4639mg



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