

Product Specification Sheet – Curry Flavours Spice Mix

Title Portuguese Seafood Marinara Curry Spice Mix

Level Medium 

Overview: -

Despite being relatively restricted to an Atlantic sustenance, Portuguese cuisine has many Mediterranean influences. Portuguese cuisine is famous for seafood. The influence of Portugal's former colonial possessions is also notable, especially in the wide variety of spices used. These spices include black pepper, as well as cinnamon, vanilla and saffron. Olive oil is one of the bases of Portuguese cuisine, which is used both for cooking and flavouring meals. This blend uses both coconut milk and seafood which, would be part of any family's favourite foods. Cooking both together will win everybody over. This whole dish is made to perfection with the additions of potatoes. Just brilliantly flavoured

Also, pairs with Beef, Vegetables & Lamb

What you'll need	Fish / Oysters / Clams (A mix of seafood) potatoes (Diced 10x10 mm) Coconut Milk
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Instructions to Prepare

See Quantities as per below table.		
1. Add Oil and Water,		
2. Add diced potatoes and bring to boil		
3. Add spice mix and stir well, then add the mixed seafood and simmer on low heat.		
4. Finally add the coconut milk		
5. Portuguese Seafood Marinara Curry is ready to serve		

Spice Mix	100grams	1kg
Cooking Oil	70ml	700 ml
Water	500ml	5 Ltr's
Potatoes (Diced 10x10 mm)	200 grams	2 Kg
Mixed Seafood	1 Kg	10 Kg
Spice Mix	100 grams	1 kg
Coconut Milk	150 grams	1.5 Ltr's
Cook Loss	5%	5%
Total Yield	1.8 Kg	18 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	9348630001624	9348630002621

Hint:- 1. You may wish to replace the potatoes with carrots as an alternative
2. Garnish with any fresh herbs

Ingredients: - Dehydrated vegetables (tomato, garlic, red bell peppers, onion), maltodextrin (maize), sugars, spices (fenugreek, ginger, cardamom, cloves, coriander, cumin, turmeric, thickener (1422), rice flour, cilantro, salt, acidity regulator (330), colour (160c), canola oil, flavour (milk)

Allergens: - Milk

Nutritional Information

	Per 100 grams
Energy	1309kj
Protein	4.6g
Fat, total	1.8g
Fat, saturated	0.3g
Carbohydrates	66.3g
Sugars	24.0g
Dietary Fibre	4.9g
Sodium	1980mg



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