

Product Specification Sheet – Curry Flavours Spice Mix

Title Palak Paneer Curry (Spinach & Cottage Cheese) Spice Mix

Level Medium 

Overview: -

Palak paneer is a vegetarian dish from the Indian Subcontinent, consisting of paneer (cottage cheese) in a thick paste made from puréed spinach and seasoned with garlic, garam masala, and other spices. The blend is made of a mix of dehydrated spinach, mustard leaf, collard greens and basella, along with added spices. On some menus, it is called "Saag-wala Paneer". This is truly a very popular and healthy vegetarian option for people to try

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

What you'll need	Paneer (Cottage Cheese – Use Ricotta as Substitute if Desired) Thickened Cream
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Instructions to Prepare

See Quantities as per below table.
<ol style="list-style-type: none"> 1. Add oil, water and spice mix, stir well 2. Add thickened cream and cottage cheese. Simmer on very low heat, stirring occasionally 3. Palak Paneer is ready to serve – Add salt to taste.

Spice Mix	100grams	1kg
Cooking Oil	100ml	1 Ltr
Water	600ml	6 Ltr's
Diced Paneer Pieces (Cottage Cheese – Use Ricotta as Substitute if Desired)	1 Kg	10 Kg
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	9348630001341	9348630002348

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