

LAMB, CASHEW AND COCONUT CURRY

250 g

HEAT FROM FRESH: Leave plastic film on and heat for 30 minutes at 180C. Remove film, stir and serve.

HEAT FROM FROZEN: Leave plastic film on and heat for 50 minutes at 160C. Remove film stir and serve.

MICROWAVE INSTRUCTIONS: If frozen defrost first then heat for 2-6 minutes on high power depending on the size of your dish.

MAKE SURE YOUR DISH IS THOROUGHLY HEATED, HEATING TIMES MAY VARY DEPENDING ON YOUR OVEN OR MICROWAVE.

Store in the freezer below -18°C

Store in the refrigerator below 4°C

Ingredients: Lamb, Onion, Water, Coconut Cream (fresh coconut cream, stabilizers(xanthan gum E415, guar gum E412, carrageenan E407), Cashew Nuts, Spinach, Coconut, Ginger, Garlic, Iodised Salt, Canola Oil, Garam Masala (Coriander, Cumin, Fennel, Ginger, Cardamon, Curry Leaf, Cassia, Cloves, Nutmeg, White Pepper), Cumin Seeds, Coriander seed, Turmeric, Coriander, Chilli.

Contains: Tree Nuts

May Contain: Gluten (Wheat), Milk, Peanuts, Sesame

NUTRITION INFORMATION

Servings per package: 1

Serving size: 250 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	2400 kJ 575 Cal	961 kJ 230 Cal
Protein	32.8 g	13.1 g
- gluten	0 mg	0 mg
Fat, total	44.6 g	17.8 g
- saturated	24.7 g	9.9 g
Carbohydrate	11.6 g	4.6 g
- sugars	8.5 g	3.4 g
Dietary Fibre	3.3 g	1.3 g
Sodium	493 mg	197 mg

MYLK Food Store

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Made in New Zealand from local and imported ingredients