

VEGAN YELLOW CURRY

250 g

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

COOK FROM FROZEN: Leave plastic film on and cook 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, cooking times may vary depending on your oven or microwave.

Store in the freezer below -18°C

Store in the refrigerator below 4°C

Ingredients: Coconut Cream (fresh coconut cream, stabilizers(xanthan gum E415, guar gum E412, carrageenan E407), Pumpkin, Onion, Water, non GMO soy beans, mineral salt(calcium sulphate), Water, Yellow Curry Paste, Spinach, Courgette, Capsicum, Eggplant, Lentils, Canola Oil, Brown Sugar, Garlic, Iodised Salt, Gluten Free Soy Sauce(water, soya beans, salt, sugar, corn starch), Water, vinegar, sugar, salt, onion, orange juice, carrot juice, tomato paste, caramel, spices, Lime Juice, citrus pulp, Vitamin C.

Contains: Soy

May Contain: Sesame, Tree Nuts, Gluten containing cereals, Peanuts, Milk, Egg

NUTRITION INFORMATION

Servings per package: 1

Serving size: 250 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1210 kJ 290 Cal	485 kJ 116 Cal
Protein	10.1 g	4.0 g
Fat, total	19.0 g	7.6 g
- saturated	12.3 g	4.9 g
Carbohydrate	20.3 g	8.1 g
- sugars	12.0 g	4.8 g
Dietary Fibre	6.1 g	2.4 g
Sodium	471 mg	188 mg

MYLK Food Store

95 Ford Road, Onekawa, Napier

Made in New Zealand from local and imported ingredients