



Kumara, Paneer & Chickpea Curry

300g

- Vegetarian friendly
- No Artificial Colourings
- No Artificial Flavourings
- No Added Sugar
- Gluten Free
- Halal

PRODUCT DESCRIPTION

Diced NZ grown Kumara, combined with tender chickpeas and NZ made Paneer in a mildly spiced yoghurt curry sauce.

SERVING SUGGESTIONS

This yoghurt based, vegetarian-friendly, curry is packed with flavour and goodness. Heat and serve with oven-toasted Naan bread, Chapati bread or fluffy white rice. Add a dollop of coconut cream or yoghurt for extra creaminess, and extra chilli sauce or mustard seeds for spice.

Serve garnished with fresh coriander leaves, snipped chives or shredded spring onions. For a quick meal idea, heat and wrap in fresh heated wraps with fresh baby spinach leaves.

SERVING INSTRUCTIONS

STOVE TOP: Empty contents into saucepan. Heat on medium to a simmer, stirring frequently. Heat for further 2-3 minutes, until starting to bubble. Remove from heat, tip into bowls and serve immediately.

MICROWAVE: Empty packet into a microwaveable bowl. Cover. Heat on HIGH (1000W) for 2 minutes. Stir. Cover again and heat for a further minute until product is hot. Heating times can vary depending on microwave power.

STORAGE

Keep chilled between 2°- 4°C. Refrigerate any remaining product in airtight container and use within 2 days.

Best Before date at the base of the pack.

NUTRITION INFORMATION

Servings per pack: 2
Serving Size: 150g

	Average Quantity per serving	Average Quantity per 100g
Energy	792kJ	528kJ
Protein	9.0g	6.0g
Fat, Total	6.5g	4.3g
- saturated	3.8g	2.5g
Carbohydrate	23.6g	15.7g
- sugars	7.5g	5.0g
Sodium	480mg	320mg

INGREDIENTS

Kumara (*Ipomoea batatas*) (20%), Chickpeas (18%), Yoghurt (15%) (**Milk**, Cultures), Water, Paneer (12%) (**Milk**, Vinegar), Tomatoes (10%), Onion, Garlic, Ginger (1.5%), Spices, Salt, Thickener (Xanthan Gum), Ground Coriander (0.3%).

Contains: Milk.

MADE IN NEW ZEALAND

Produced for Moana New Zealand,
1-3 Bell Ave Mt Wellington, Auckland 1060, New Zealand
Ph 0800 466 262

www.moana.co.nz, E: moana_feedback@moana.co.nz