



Lemongrass, Chilli, Coconut Fish Curry

300g

- 30% New Zealand Seafood
- Good Source of Protein - 11.6g per serve
- No Artificial Colourings
- No Artificial Flavourings
- Gluten Free
- Halal

PRODUCT DESCRIPTION

NZ Kumukumu (Spotted Gurnard) in a red chilli and coconut curry sauce, balanced with lemongrass and NZ capsicum pieces.

SERVING SUGGESTIONS

Tangy and just a little bit spicy, mixed with a creamy coconut based curry sauce that has been lovingly created using the finest of ingredients. For added creaminess, 2-3 tablespoons of dairy or coconut cream can be added.

Garnish with fresh coriander leaves, Thai basil leaves, sliced spring onion and wedges of lime or lemon.

Best accompanied with a grilled Naan bread, or crispy Poppadoms. Alternatively, try serving on rice noodles, steamed jasmine rice or with steamed bok choy.

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	585kJ	390kJ
Protein	11.6g	7.7g
Fat, Total	7.8g	5.2g
- saturated	6.2g	4.1g
Carbohydrate	5.9g	3.9g
- sugars	4.4g	2.9g
Sodium	570mg	380mg

INGREDIENTS

Fish Stock (Water, Snapper (*Pagrus auratus*) (**Fish**), Celery, Onion, Lemon, Garlic, Herbs, Spice), Spotted Gurnard (*Pterygotrigla picta*) (**Fish**) (30%), Coconut Cream (15%), Capsicum (10%), Onion, Lime Juice, Sugar, Garlic, Shallot, Ginger, Chilli (1%), Salt, Lemongrass (0.7%), **Sesame** Oil, Thickener (Xanthan Gum), Galangal, Spices, Kaffir Lime, Acidity Regular (Citric Acid).

Contains: Fish, Sesame.

May contain Fishbones.

MADE IN NEW ZEALAND

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