



## HEATING INSTRUCTIONS

### Green curry of Japanese pumpkin, snake beans, Thai basil

#### Ingredients

Green curry paste: long green chilli, Thai scud chilli, garlic, turmeric, lemongrass, coriander root, red onion, galangal, coriander seed, mace, cumin, white pepper, salt

Palm sugar, salt, coconut milk, Japanese pumpkin, snake bean, baby corn, carrot, apple eggplant, Thai basil, green chilli, wild ginger, lime leaf

*\*This dish is prepared free of gluten, shellfish, nuts or dairy.*

*Dishes which contain these items are prepared in other sections of our kitchen.*

### Panang curry of chargrilled lamb, lime leaf, candlenut, apple eggplant

#### Ingredients

Panang curry paste: dry red chilli, dry birds' eye chilli, lemongrass, galangal, turmeric, red onion, garlic, coriander root, coriander seed, cumin, salt, white pepper

Palm sugar, fish sauce, coconut milk, sweet potato, lamb rump, candlenut, chilli, lime leaf, apple eggplant

*\*This dish is prepared free of gluten, shellfish and dairy.*

*Dishes which contain these items are prepared in other sections of our kitchen.*

### Massaman curry of beef brisket, potato, cocktail onion

#### Ingredients

Massaman curry paste: red onion, garlic, galangal, lemongrass, coriander root, dry red chilli, coriander seed, cumin, cardamom pod, cassia bark, cloves, mace, star anise, salt

Palm sugar, fish sauce, coconut milk, tamarind puree, beef brisket, potato, cocktail onion, peanut

*\*This dish is prepared free of gluten, shellfish and dairy.*

*Dishes which contain these items are prepared in other sections of our kitchen.*

#### Heating instructions

Defrost the frozen curry, in the sealed plastic bag.

#### To re-heat on a stove top

- When defrosted, open the bag, invert contents into a saucepan
- Add a tablespoon of water to saucepan.
- Heat on a low to medium heat for approximately 7-8 minutes, stirring frequently until heated through.
- Pour into a bowl to serve.

#### To re-heat in the microwave

- Empty contents into a microwave-safe bowl.
- Cover and place in the microwave on high (100% power) for 3 - 5 minutes (checking and stirring every minute).

### Raw jasmine rice

#### Cooking instructions

Rinse the raw rice till the water runs clear. Place rice into a pot with 250g of cold water with a lid on, bring to the boil and then simmer on a low heat for 14 minutes or until all the water is absorbed.