



curry for rob

RECIPES

JALFREZI

Cooking instructions for our Jalfrezi Curry Pack:

Serves 4-6

Empty the contents of the pack into a pan with 300ml water. Simmer for 5 minutes.
Add 1kg of ingredients of your choice. Mix well, cover and gently cook.
Add 4 chopped tomatoes, 1 chopped green pepper and 1 tsp sugar.
Adjust salt.
Open and gently simmer for a further 10 minutes.
Garnish with coriander leaves.

Allergens: This product contains GLUTEN and MUSTARD.

KORMA

Cooking instructions for our Korma Curry Pack:

Serves 4-6

Empty the contents of the pack into a pan with 300ml water, a 400g tin of chopped tomatoes and 85g coconut cream. Simmer until coconut dissolves.
Add 1kg of ingredients of your choice, mix well, cover and gently cook.
Serve with yoghurt or double cream (optional) and garnish with fresh coriander and browned almond flakes.

Allergens: This product contains GLUTEN and SULPHITES.

VINDALOO

Cooking instructions for our Vindaloo Curry Pack:

Serves 4-6

Empty the contents of the pack into a pan with 300ml water. Simmer for 5 minutes.
Add 1kg of ingredients of your choice. Mix well, cover, and gently cook.
Add a 400g tin of chopped tomatoes, 2tbsp tomato puree, 2tbsp vinegar (any) and 2tsp sugar.
Gently open simmer for 10 minutes. Adjust salt and garnish with coriander leaves.

Allergens: This product contains GLUTEN and MUSTARD.

BOMBAY POTATO

Cooking instructions for our Bombay Potato Pack:

Serves 4-6

Boil 500g of potatoes or a combination of firm vegetables (e.g. cauliflower, carrots etc.) until cooked. Drain and leave to cool.
Gently heat 2tbsp vegetable oil in large frying pan or wok. Add spices and gently fry for 3 - 4 minutes.
Add 1 large chopped onion and fry until soft and translucent.
Fold in the potatoes and stir well.
Season and add lemon juice to taste. Garnish with fresh chopped tomato and chopped coriander.

Allergens: This product contains MUSTARD.

SABZI SHAKH CURRY

Cooking instructions for our Sabzi Shakh Vegetable Curry Pack:

Serves 4-6

Empty the contents of the pack into a pan with 300ml water and simmer for 5 minutes.
Add 1kg raw mixed vegetables and mix well. Cover and gently cook until tender.
Add 1tsp sugar and adjust salt. Garnish with fresh coriander leaves, finely chopped green pepper and tomato.

Allergens: This product contains GLUTEN and SULPHITES.

YOU WILL ALSO NEED:

- Fish or meat for the curries (for example, mackerel, haddock, prawns, chicken, pork, lamb, etc.)
- Vegetables for the Sabzi Shakh (for example, cauliflower, aubergine, peppers, carrots, courgette)
- Seasoning
- Vegetable oil for frying
- Fresh mint or coriander for garnish (optional)

Please note that:

Each pack also contains a Bhaji batter mix which needs shredded vegetables to be added and a Kachoombar salad mix which will need tomatoes, coriander, mint, lemon juice, cucumber and red onion.

making a difference one curry at a time

HAPPY COOKING!