

Stee & Wild

adventures in food



## THAI VEGETABLE RED CURRY



Butternut squash, red beans, green beans, sweet potato, sweetcorn & peppers in rich, peanutty coconut milk. Scented with lime leaf & lemongrass and hint of chilli.

### TO COOK:

#### Best oven cooked from frozen (55mins):

Preheat oven to 180°C (fan.) Remove outer sleeve and pierce small hole in film cover. Place on baking tray and cook in middle of oven for 55 minutes. Remove from oven, leave to stand for 3 minutes carefully remove film just before serving.

#### If cooking from defrosted (30 mins):

Bake in oven for 30 minutes or reheat in saucepan until piping hot.

#### Caution:

Hot steam may be released when removing film.

### INGREDIENTS:

Kidney beans, green beans, squash, sweet potato, sweetcorn, red pepper, carrot, **peanuts**, coconut **milk**, **soy** sauce (containing **wheat**), onions, sugar, garlic, lime juice, spices, salt, galangal, pepper, lime leaf, chilli, palm oil (sustainable), potato starch, **soya** protein.

#### ALLERGEN INFORMATION:

Allergens, including cereals containing gluten, are listed above in bold. Produced in small batches in a kitchen that handles peanuts.



### Chefs Tip

Serve with egg noodles or rice noodles. Best with coconut jasmine rice. Add fresh coriander, Thai basil, or mint on serving with some fresh beanshoots.



Tray manufactured from 85% recycled plastics

KEEP FROZEN -18°C

IF DEFROSTED KEEP REFRIGERATED & CONSUME WITHIN 48 HRS