

Stee & Wild

adventures in food



## PENANG CHICKEN CURRY



Boneless chicken thighs, green beans, sweet potato, sweetcorn & peppers in rich, peanutty coconut milk. Scented with lime leaf & lemongrass plus a mild chilli heat.

### 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:

Chicken thigh, Green beans, sweet potato, sweetcorn, red pepper, carrot, **peanuts**, coconut milk, onions, sugar, garlic, spices, salt, galangal, lemon grass, pepper, lime leaf, chilli, palm oil (sustainable), veg oil, **shrimp** paste, **fish** sauce.  
No added preservatives.

#### 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, 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