

Date Night Kit for 2. Shopping & Ingredients list

Shopping list for Starter: 100g Prawn or Jackfruit (drain jackfruit & wash under running water), 1 clove of garlic. 1cm of ginger, Handful each of coriander & mint leaves. 1 green chilli (deseeded if you don't want heat) Juice of 1/2 a lemon.

Mains: choice of

Shopping List for Sweet potato:

250g sweet potato, 1 small onion, 1 chilli, 1 clove of garlic.

Things you may already have: 2 tbsps oil, salt to taste,

Shopping List for Chicken Curry:

250g skinless chicken thighs, 1 small onion, 2 cloves of garlic, 1cm ginger, 1/2 a tomato or 1tbsp tomato puree.

Things you may already have: 1 tbsps oil, salt to taste, soy sauce.

Shopping List for Jackfruit Curry:

200 tin of jackfruit. 1 small onion. 1 clove of garlic. 1 green chilli (optional). Handful of green leaves (spinach, kale, pak choi etc),

Things you may already have: 2 tbsps oil, salt to taste

Shopping List for Prawn Curry:

400g raw shelled prawns. 1 large onion, 6 cloves garlic, 2cm ginger, 1 green chilli, tomato or tomato puree. Coriander for garnish.

Things you may already have: 2 tbsp oil, salt to taste, Juice 1/2 lemon.

Sides 1: choice of

Shopping List for Mixed Veg Curry:

100g of mixed vegetables, frozen or fresh, 1 small potato or sweet potato, 1 small onion, 1 chillie, 1 tomato. Coriander to garnish.

Things you may already have: 2 tbsps oil, salt to taste,

Shopping List for Spiced potatoes:

125g potatoes, 1/2 large onion, 1 chilli.

Things you may already have: 6 tbsps oil, salt to taste,

Sides 2: choice of

Shopping List:

400g fresh beets or 1 large beet (with stalks and leaves if fresh), 1/2 small onion, 1 chilli, 1 clove of garlic. **Things you may already have:** 1 tbsps oil, salt to taste,

Shopping List:

75g unroasted cashew, 1/2 onion, 1/2 cup frozen peas, 100ml of coconut milk. **Things you may already have:** 1 tbsp oil & salt to taste.

Shopping List for Fried Rice kit: 1/2 a carrot grated, 1/4 head of shredded cabbage or 1 finely sliced leek, handful of mushrooms or green beans torn into bite sizes pieces. Parsley to garnish.

Things you may already have: 1/2 a stock cube. 2 tbsp of butter or oil, 1 tbsp of soy sauce, squeeze of lemon. 225ml lukewarm water

Shopping list for Malabar roti: 1/3 cup warm water, 1/4 cup oil plus more for oiling the dough & 1 egg- beaten

Shopping List for Gluten free coconut roti: 260g of greek yogurt (dairy free alternates work). 1 tbsp oil, 2 tsp water .

Ingredients in spice packs:

coriander, cumin, cloves, green cardamom, Ceylon cinnamon, nutmeg, fennel, peppercorn, curry leaves, tamarind powder (corn starch), turmeric, chilli flakes & powder, nutmeg, moringa,salt, fenugreek, Pandan leaves, lemongrass, Coconut milk powder. **(Allergens)**
MUSTARD SEEDS.

Ingredients in Malabar roti: All Purpose flour, baking powder, sugar & salt.

Ingredients in coconut roti: desiccated coconut, coconut milk powder, salt. **Allergens: All Purpose Flour.**

Ingredients in **Gluten Free coconut roti:** Flour blend (rice, potato tapioca, maize, buckwheat), salt, sodium bicarbonate, Xanthan gum, desiccated coconut, coconut milk powder.

Ingredients in Papadams: Urid flour, salt, coconut oil,
Allergens: None

Ingredients in Fried rice kit: cloves, green cardamom, turmeric, curry leaves, pandan leaves, kibbled onions, garlic flakes & raisins
(Allergens) Cashew nuts

Produced in an environment that cannot be guaranteed nut-free. Store in a cool dry place.