

GREEN CURRY MIX 20g



Price: \$6.80

SKU: SKU36199

Product Categories: [Blends for Seafood](#), [Blends with Garlic](#), [Herbs & Spices](#), [Spice & Herb Blends](#), [Stir Fry Blends](#)

Product Tags: [g](#)

Product Page:

<https://www.herbies.com.au/shop/herbs-and-spices/spice-herb-blends/green-curry-mix-20g>

Product Summary

Make a delicious green curry at home in less than 20 minutes. (SML PKT)

Product Description

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Contains: Kaffir Lime Leaf, Lemongrass, Sea Salt, Galangal, Chilli, Sugar, Garlic, Ginger, Lemon Myrtle.

Description & Use: A spicy, tangy, fresh-tasting blend of spices that makes a characteristic Thai green curry:

Ingredients:

1 Tabs sesame or peanut oil

4 teaspoons Herbie's Green Curry spice mix

½ teaspoon shrimp powder

1 green capsicum, sliced into thin strips

1 cup coconut milk

500g fish fillets or steaks fresh basil or coriander leaves

Method:

Heat the oil in a wok, add the spice mix, shrimp powder and sliced capsicum strips. Add the coconut milk and bring to the boil, stirring constantly. Reduce the heat, add the fish, and simmer until the fish is cooked - 10-15 minutes, depending on the type of fish. Stir in the chopped fresh herbs just before serving.

Nutritional Information: (Nutrition panel applies to spice mix only)

Per 100g

Energy (kj)

1093.41

Protein (g)

12.37

Fat (g) Total

3.04

Fat (g) Saturated

0.19

Carbohydrate (g)

52.01

Sugars (g)

11.26

Sodium (mg)

4661.68

Product Attributes

- Dimensions: N/A
- Weight: 0.03 kg