

VEGETABLE CURRY 55g



Price: \$5.30

SKU: SKU36223

Product Categories: [Blends for Slow Cooking](#), [Blends without Chilli](#), [Curries](#), [Herbs & Spices](#), [Salt Free Blends](#), [Spice & Herb Blends](#), [Sugar Free Blends](#)

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Product Page:

<https://www.herbies.com.au/shop/herbs-and-spices/spice-herb-blends/vegetable-curry-55g>

Product Summary

A mild yet tasty curry blend developed specially for vegetable and fish curry. (SML PKT)

Product Description

A mild yet tasty curry blend developed specially for vegetable and fish curry. (SML

PKT)

Contains: Coriander Seed, Sweet Paprika, Turmeric, Cumin Seed, Yellow & Brown Mustard Seed, Fennel Seed, Cassia Bark, Ginger, Ajowan Seed, Green Cardamom, Asafoetida (compounded with rice flour).

Description & Use: Herbie developed this special vegetable curry for vegetarians and non-vegetarians, who wanted to be able to have a full-flavoured curry without any chilli heat. The Fennel Seed, Ajowan Seed and Asafoetida help to counteract the 'wind-producing' effects of diets high in legumes and garden vegetables. This very tasty, yet mild curry is also ideal with seafood. To make a quick fish curry, coat cubes of firm-fleshed fish with **Herbie's Spices** Vegetable Curry. Stir-fry in a wok with a little oil, when the fish is cooked, de-glaze the wok with a few tablespoons of coconut milk and serve on rice.

Nutritional information: (Applies to spice mix only)

Per 100g

Energy (kj)

1347.67

Protein (g)

16.50

Fat (g) Total

20.53

Fat (g) Saturated

0.90

Carbohydrate (g)

31.54

Sugars (g)

10.60

Sodium (mg)

43.98

Product Attributes

- Dimensions: N/A
- Weight: 0.06 kg