

Mae Ploy Green Curry Paste - Information

An amazing, authentic Green Curry Paste by one of the leading oriental brands, Mae Ploy. Perfect for a really easy to make, tasty Thai Green Curry as used in many top restaurants.

TFS Product Code: 031079
Suppliers Product Code: 6053
Information Last Updated: 06/03/2025
Date Produced: 16/12/2025



Allergy Information

Key: **Contains** **May Contain**



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	119.00
Energy (kJ)	498.00
Protein (g)	4.50
Carb (g)	17.30
Of Which Sugars (g)	3.00
Fat (g)	1.10
Of Which Saturates (g)	0.20
Fibre (g)	0.00
Salt (g)	15.30

Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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Ingredients

Green chilli 31.0%, Lemon Grass 21.0% ,Garlic 18.5% ,Salt 12.5% , Galangal 8.5%,Shrimp paste (Shrimp 80%,Salt) 4.0%, Kaffir lime peel 2.0%,Coriander Seed 1.0%,Pepper 0.5%,Cumin 0.5% ,Turmeric 0.5%

Handling Information

Directions for Use

Stir-fry 50 g of Green Curry Paste in 1 tbsp soybean oil, then add 1 cup (240 ml) of coconut milk. Add 200 g of fresh meat and continue cooking. Add another half cup (120 ml) of coconut milk, half cup (120 ml) of water and heat till boiling. Add 100 g of eggplant, sweet basil leaves, kaffir lime leaves and chilli and cook till the vegetables soften. Add one and a half tsp sugar. Taste and season as required. Serve with vermicelli or cooked rice

Storage Instructions

Ambient, in a cool dry place, away from sunlight.

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