

Mae Ploy Massaman Curry Paste - Information

Massaman curry is a rich, flavourful, and mildly spicy Thai curry. It is a fusion dish, combining ingredients from Persia, the Indian subcontinent, and the Malay Archipelago with ingredients more commonly used in native Thai cuisine to make massaman curry paste. The substance of the dish is usually based on chicken or other meat, potatoes, onions, and peanuts. The richness comes from the coconut milk and cream used as a base, as for many Thai curries.

TFS Product Code: 024849
Suppliers Product Code:
Information Last Updated: 03/04/2023
Date Produced: 23/07/2025



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)	140.00
Energy (kJ)	588.00
Protein (g)	6.00
Carb (g)	24.30
Of Which Sugars (g)	3.70
Fat (g)	2.20
Of Which Saturates (g)	0.40
Fibre (g)	12.40
Salt (g)	14.29

Dietary Information

Key: **Suitable for**



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

Lemongrass, Garlic, Dried Red Chilli, Shallot, Salt, Galangal, Shrimp Paste (Shrimp (CRUSTACEANS), Salt), Coriander Seed, Cumin, Makrut Lime Peel, Cardamom, Cinnamon, Nutmeg.

Handling Information

Directions for Use

Provides a distinctive flavour when added to a dish.

Storage Instructions

Unopened - Ambient, away from direct light and heat
Opened - Refrigerated, seal securely

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