Thompsons Food Service Ltd. **Nelsons Yard** South Denes Road **Great Yarmouth** Norfolk NR30 3PR



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## **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:** 03/11/2025



#### **Allergy Information**

Key: Contains













Sesame Gluten Crustaceans

Eggs

Lupin

Nuts













Milk

Celery Sulphur Dioxide

Soya

Cereal Peanuts

# **Nutritional Information**

100g or 100ml Serving Unit:

Energy (kcal) 119.00 Energy (kJ) 498.00 Protein (g) 4.50

17.30 Carb (g)

Of Which Sugars (g) 3.00 Fat (q) 1.10

Of Which Saturates

0.20 (g) Fibre (q) 0.00 Salt (g) 15.30







Fish

Molluscs Mustard

### **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.

> Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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#### **Ingredients**

Green chilli 31.0%, Lemon Grass 21.0% ,Garlic 18.5% ,Salt 12.5% , Galangal 8.5%,<b>Shrimp</b> paste (<b>Shrimp</b> 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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