

No added MSG,
preservatives
or colourants

SUFFICIENT FOR
2 MEALS



So Consistent, So Easy, So Good!

YELLOW CURRY COOK-IN-SAUCE



100 g

SERVING SUGGESTION



CHICKEN CURRY

50 ml	Oil (3 tbsp)
150 g	Onion, chopped (1 onion)
1 kg	Chicken portions (8 portions)
50 g	SO GOOD YELLOW CURRY COOK-IN-SAUCE (5 tbsp)
500 ml	Water (2 cups)
400 g	Potatoes, diced (2 large potatoes)

METHOD

1. Heat oil in a pot. Sauté the onions in the oil until soft.
2. Add the chicken and brown slightly
3. Sprinkle the SO GOOD YELLOW CURRY COOK-IN-SAUCE over the meat and cook for \pm 1 minute while stirring.
4. Stir in half the water and cook for \pm 2 minutes.
5. Add the potatoes and the remaining water and cook for \pm 15 – 20 minutes.
6. Add more water if needed.



CURRY MINCE

30 ml	Oil (2 tbsp)
150 g	Onion, chopped (1 onion)
500 g	Minced beef
50 g	SO GOOD YELLOW CURRY COOK-IN-SAUCE (5 tbsp)
500 ml	Water (2 cups)
300 g	Potatoes, finely diced (2 cups)
250 g	Mixed vegetables, frozen (2 cups)

METHOD

1. Heat oil in a pot. Sauté the onions in the oil until soft.
2. Add the mince and cook until browned, stirring to break up the lumps.
3. Sprinkle the SO GOOD YELLOW CURRY COOK-IN-SAUCE over the mince and cook for \pm 1 minute, stirring.
4. Add the water and bring up to the boil.
5. Add the potatoes and vegetables and cook for \pm 10 – 15 minutes until the vegetables are tender and the sauce has thickened.



BUTTER CHICKEN

30 ml	Oil (2 tbsp)
150 g	Onion, grated (1 onion)
500g	Chicken breast fillets, cubed (4 chicken breast fillets)
50 g	SO GOOD YELLOW CURRY COOK-IN-SAUCE (5 tbsp)
25 g	Butter
20 g	Tomato paste (1 tbsp)
250 ml	Water (1 cup)
125 ml	Cream (½ cup)

METHOD

1. Heat oil in a pot. Sauté the onions in the oil until soft.
2. Add the chicken and fry until slightly browned.
3. Sprinkle the SO GOOD YELLOW CURRY COOK-IN-SAUCE over the chicken and cook for ± 1 minute while stirring.
4. Add the butter and tomato paste.
5. Stir in the water and cream, simmer until the mixture begins to thicken.



LENTIL CURRY

250 g	Lentils, brown
30 ml	Oil (2 tbsp)
150 g	Onion, chopped (1 onion)
50 g	SO GOOD YELLOW CURRY COOK-IN-SAUCE (5 tbsp)
250 ml	Water (1 cup)
410 g	Tomatoes, copped (1 tin)
250 g	Peas, frozen (1 cup)

METHOD

1. Boil the lentils until just soft, ± 20 – 30 minutes.
2. Drain and rinse under cold water.
3. Heat the oil in a pot and fry the onions until soft and slightly browned.
4. Add the SO GOOD YELLOW CURRY COOK-IN-SAUCE and cook for 1 minute while stirring. Add the water.
5. Add the tomatoes and cook for ± 5 -10 minutes.
6. Add the lentils and peas, cook for ± 5 minutes.