

EXAMPLE RECIPES AND ALLERGEN CHARTS

Prawn Korma Recipe

Prawns

Fresh ginger

Garlic

Plain yogurt

Dried red chilli

Onions

Ghee or vegetable oil

Ground coriander

Turmeric

Garam masala

Water

Creamed coconut

Salt

Ground almonds

Coriander Leaves

Chicken Satay Recipe

Ginger

Garlic

Lime Juice

Honey

Soy Sauce (ingredients, water, sugar, **soybean**, salt, colour, **wheat flour**, lactic acid, preservative)

Peanut butter (ingredients, roasted **peanuts**, stabiliser E471, cane sugar, **peanut oil**, sea salt)

Chicken breast

Vegetable Oil

Coconut milk

Curry powder (coriander, garlic powder, ginger, onion powder, turmeric, cumin seeds, paprika, salt, cinnamon, chilli powder, fennel seed, cardamom, clove, **mustard seed**, fenugreek white pepper)

| | Milk | Egg | Cereal | Soya | Sesame | Peanut | Treenut | Lupin | Celery | Mustard | Fish | Crustacea | Mollusc | Sulphites |
|----------------------|--------------|-----|-------------|------|--------|--------|---------------|-------|--------|---------|------|--------------|---------|-----------|
| Prawn Korma | Yes (yogurt) | | | | | | Yes (almonds) | | | | | Yes (prawns) | | |
| Chicken Satay | | | Yes (wheat) | Yes | | Yes | | | | Yes | | | | |