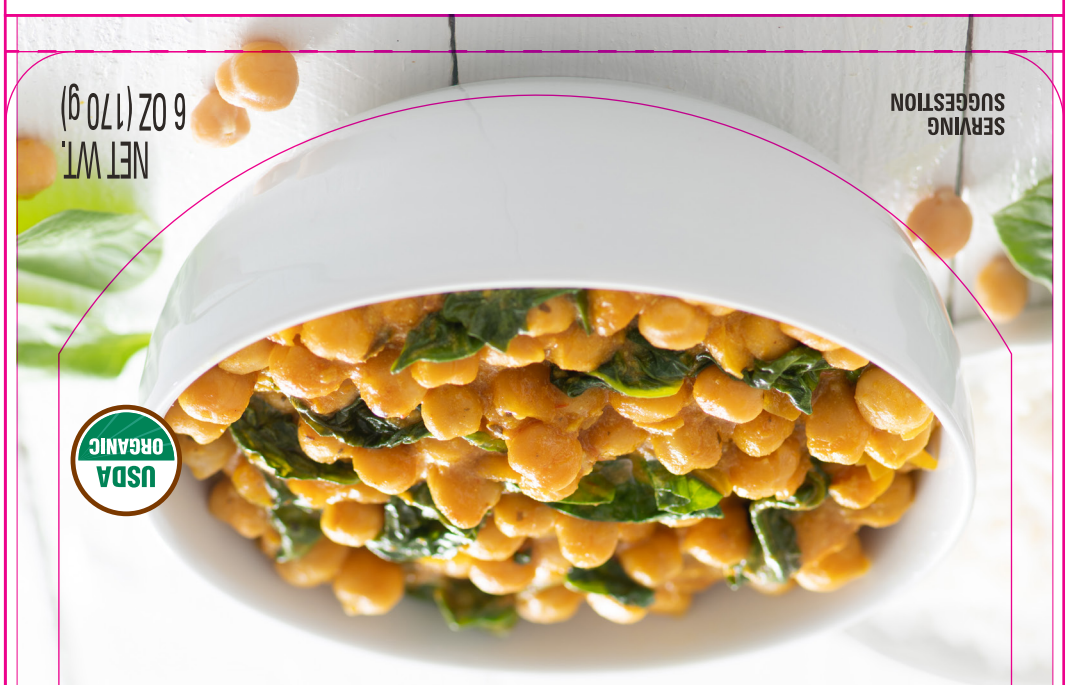

SERVING SUGGESTION

NET WT. 6 OZ (170 g)

USDA ORGANIC

coconut curry SIMMER SAUCE | INDIAN DISHES

Simply Organic®

STEPS	PREP TIME	MAKES 4 SERVINGS
2	15 MINUTES	4

HEAT LEVEL

Combine with unsweetened coconut milk for the perfect curry sauce.

pure. simple. joy.®

Simply Organic supports organic and sustainable farming communities.

Nutrition Facts

About 4 servings per container
Serving size 3 Tablespoons (43g)

Amount Per Serving
Calories 45

	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 200mg	**9%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
Includes 1g Added Sugars	**2%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 93mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ORGANIC ONIONS, WATER, ORGANIC TOMATOES, ORGANIC COCONUT MILK (ORGANIC COCONUT, ORGANIC GUAR GUM), ORGANIC GARLIC, ORGANIC APPLE CIDER VINEGAR, ORGANIC COCONUT, ORGANIC SUNFLOWER OIL, ORGANIC CANE SUGAR, SEA SALT, ORGANIC TURMERIC, ORGANIC TAPIOCA STARCH, ORGANIC CILANTRO, ORGANIC JALAPENO PEPPERS, ORGANIC ALLSPICE. **CONTAINS:** TREE NUT (COCONUT)

DISTRIBUTED BY:
FRONTIER CO-OP, NORWAY, IA 52318 USA
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CERTIFIED ORGANIC BY QAI

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YOU WILL NEED

- 2 tbsp sunflower oil
- 1 can (15 oz) chickpeas, drained
- 2 loosely packed cups baby spinach
- ⅓ cup canned, unsweetened coconut milk
- 1 pouch Simply Organic Coconut Curry Simmer Sauce

DIRECTIONS

1. In a heavy skillet, heat oil over medium heat. Add chickpeas, sauté 2 to 3 minutes, until softened and sizzling. Reduce heat to low.
2. Stir in simmer sauce, coconut milk and spinach. Cover and simmer 5 to 7 minutes, then remove from heat. Add more coconut milk if desired. Serve with basmati rice or naan.

CHEF SUGGESTS

Substitute 2 cups cooked split red lentils or 1 lb diced chicken breast for chickpeas.

CERTIFIED ORGANIC

VEGAN

Find recipes at **simplyorganic.com**.

Simply Organic® uses ingredients grown and processed without the use of toxic pesticides, irradiation, or genetically engineered products.

DO NOT MICROWAVE