



Vegetation

Coconut Mango Curry

Chickpeas, bell peppers and
spinach cooked in a coconut
mango curry sauce




vegan




serving instructions

Microwave covered for
2m 30s. Serve over rice




ingredients

red onion, ginger, garlic
clove, water, cumin
seeds, ground clove,
avocado oil, garam
masala, cayenne
pepper, cinnamon,
canned coconut milk,
mango pulp, salt, bell
pepper, chickpeas,
spinach, cilantro



low
sodium




gluten
free


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