vegetation

vegetation

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

# serving instructions

2m 30s. Serve over rice Microwave covered for

vegan

ingredients



## red onion, ginger, garlic clove, water, cumin seeds, ground clove,

gluten

avocado oil, garam spinach, cilantro pepper, chickpeas, mango pulp, salt, bell canned coconut milk pepper, cinnamon, masala, cayenne

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

# serving instructions

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2m 30s. Serve over rice Microwave covered for



### red onion, ginger, garlic clove, water, cumin seeds, ground clove, ingredients

sodium

spinach, cilantro pepper, chickpeas, pepper, cinnamon, avocado oil, garam mango pulp, salt, bell canned coconut milk masala, cayenne

> gluten free

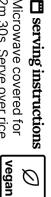
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mango curry sauce

spinach cooked in a coconut

Chickpeas, bell peppers and

2m 30s. Serve over rice Microwave covered for



## ingredients

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



## 宓

gluten

tree

sodium

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

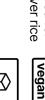
# serving instructions

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2m 30s. Serve over rice Microwave covered for



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



### sodium ٥

