

## Mae Ploy Massaman Curry Paste - Information

Massaman curry is a rich, flavourful, and mildly spicy Thai curry. It is a fusion dish, combining ingredients from Persia, the Indian subcontinent, and the Malay Archipelago with ingredients more commonly used in native Thai cuisine to make massaman curry paste. The substance of the dish is usually based on chicken or other meat, potatoes, onions, and peanuts. The richness comes from the coconut milk and cream used as a base, as for many Thai curries.

**TFS Product Code:** 024849  
**Suppliers Product Code:**  
**Information Last Updated:** 03/04/2023  
**Date Produced:** 19/03/2025



### Allergy Information

Key: Contains May Contain



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	140.00
Energy (kj)	588.00
Protein (g)	6.00
Carb (g)	24.30
Of Which Sugars (g)	3.70
Fat (g)	2.20
Of Which Saturates (g)	0.40
Fibre (g)	12.40
Salt (g)	14.29

### Dietary Information

Key: Suitable for



**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## Ingredients

Lemongrass, Garlic, Dried Red Chilli, Shallot, Salt, Galangal, Shrimp Paste (Shrimp (CRUSTACEANS), Salt), Coriander Seed, Cumin, Makrut Lime Peel, Cardamom, Cinnamon, Nutmeg.

## Handling Information

### Directions for Use

Provides a distinctive flavour when added to a dish.

### Storage Instructions

Unopened - Ambient, away from direct light and heat  
Opened - Refrigerated, seal securely

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