

Ingredients from Sunday Supper on September 10, 2023

Head Chef Susan Hyne

Curry Sauce

Coconut milk, honey, curry, onion, garlic, mustard seeds, cayenne, cinnamon, coriander, turmeric, salt, cumin, cardamom, cloves

Rice

Meat/Veggies/Beans

Chicken, chickpeas, lentils, potatoes, carrots, green peas, red onion, sprouts

Sweet Toppings

Bananas, pineapple, golden raisins, almonds, coconut

Apple Date Chutney

Apples, onion, apple cider vinegar, brown sugar, orange peel, ginger, cinnamon

Mango Sorbet

Frozen mango
Maple syrup
Lime juice