

M&S Plant Kitchen Green Thai Curry & Jasmine Rice
Marks & Spencer


3.52 Reviewer Rating
52 Reviewers

out of 5



CMR Ref: 190223

37

Score out of 50

Average for the category: 33








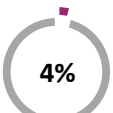

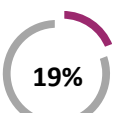
Verdict

There was strong pre-trial interest in this product, but tasting led to a polarisation in opinions. The "authentic" taste and "amazing" flavour contrasted with "needing more sauce, stodgy and not healthy". This polarisation was reflected in purchase intentions, but those who enjoyed this recipe claimed at least monthly buying.

Price **£3.50**

Weight / Volume **400g**

Tried & Tested by people like you...

Consumer Reviews	Star Rating	% Who Rated	Reviewer Comments*
		 35%	<i>Very authentic Perfect amount of spice Crispy vegetables A little bit more sauce needed</i> <i>Worth the money, perfect</i> <i>Amazing flavour and love the kick of spice, love this range</i>
		 25%	<i>Really good, just a little on the spicy side for me</i> <i>That was nice. Spicy with nice veg in. Enjoyed it.</i> <i>Great flavours. Nice mixture of textures too.</i>
		 17%	<i>Not for me as sweet</i> <i>A good spicy flavour</i> <i>Tasty</i>
		 4%	<i>Good idea but the flavour is too strong</i> <i>Very thick and stodgy. Needs more sauce.</i>
	 19%	<i>The lemon taste is overpowering, none of the proportions are right (it's far too stodgy) and biting into the sweet potato is like biting into polystyrene.</i> <i>Too unhealthy</i> <i>Way too stodgy, shame because it has a good flavour</i>	

* Reported verbatim as made by our reviewers

Ingredients

Cooked Jasmine rice (345) (Water . Jasmine Rice). Water. Coconut Cream (12%) (Coconut extract. Water. Sweet Potatoes (12%). Edamame Beans (8%). Tenderstem Broccoli (5%). Water Chestnuts (3.8%). Rapeseed Oil . Onions. Toban Jhan (Red chillies). Soya beans. Saly. Rapeseed oil . Water . Ginger Puree. Dried Red Chillies. Acidity Regulator - Citric Acid: Wheat (containsGluten). Ginger Puree . Lemongrass .Lime Juice. Lime Leaves.. Green Chilli Puree . Garlic Puree . Dessicated coconut . Ground Spices (Coriander. White Pepper. Turmeric. Cinnamon. Chilli Powder. Star Anise . Chipotle Chilli Powder.. Coriander. Thai basil. Salt. Red Chillies. Galangal. Cconcentrated Lime Juice. Gelling agent: pechin. Dark Soy Sauce. Water. Soybeans. Wheat .

Nutrition per 100 g/ml

Energy (Kcal)	Total Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
149	6.2	2.8	18.8	2.6	1.7	3.6	0.43

Recommended Daily Allowance (%)

Energy (Kcal)	Total Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
7%	9%	14%	7%	3%	7%	7%	7%

Daily intake percentages are based on the requirements for an average female with no special dietary requirements and an assumed energy intake of 2000 kcal.