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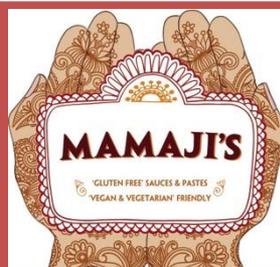
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You can now purchase Mamajis sauces online and find us in many fine food stores across Melbourne. Visit our website for Stockists and Mamaji's Shop.



We also have pop-up stalls at many Melbourne Markets. Follow us on Facebook or check out our site for further details.

MAKE IT. EAT IT. LOVE IT!



**MAMAJI'S**

## Homestyle Indian Curries

We hand make authentic curry sauces to bring the tastes from Mamaji's kitchen into your home.

- Very Mild: Vegan Budda Kicken, Tandoori Paste
- Mild : Korma
- Medium: Rogan Josh –Mango Exotic- Paprikaan Spinach
- Hot: Kashmiri Masala – Vindaloo

Mamaji's is named after the heart of our family, our dearest grandmother Mamaji, a woman who was renowned for her cooking, generosity and art of bringing people together through food.

*Inspired by Mamaji's delicious recipes, Mother & Son duo Sati and Ameet began the Mamaji's food journey as Ameet's Homestyle Sauces in 2007, introducing our authentic and delicious Indian sauces and pastes to Melbourne.*

Our homestyle range caters for all palates from mild to spicy, and is powered by our own Mamaji's Masala.

**Mamaji's Homestyle Curries are hand- made, gluten free, artificial colours and preservatives free, MSG free and Vegan Australia certified.**

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## VEGAN BUDDA KICKEN

Recipe idea: Kali Dahl (Black Lentils)



Serves 4-6

|                             |  |
|-----------------------------|--|
| Ingredients & Prep (5 mins) | 1x 375g Mamajis Vegan Budda Kicken<br>500g Black lentils, washed and drained<br>1 small handful coriander, roughly chopped<br>1 small fresh tomato (optional), roughly diced<br>1 medium green chilli (optional), finely diced |
| Cook (8 hours)              | In slow cooker, empty 1 jar of Mamajis Korma sauce<br>Add lentils and tomatoes<br>Add 3 jars of water<br>Cover and switch on for 8 hours (overnight is best!)<br>Garnish with coriander<br>Serve immediately with rice or naan |

Note: if no access to slow cooker, a pressure cooker can also be used. Just wait for the three whistles!

## KORMA

Recipe idea: Korma Pasta Bake



Serves 4-6

|                              |  |
|------------------------------|--|
| Ingredients & Prep (15 mins) | 1x375g Mamajis Korma Sauce<br>2 medium zucchini, finely sliced<br>250g mushroom, finely sliced<br>500g pasta of choice<br>200g fresh baby spinach leaves, washed and drained<br>1 tablespoon oil<br>1 medium green chilli (optional), finely sliced<br>200g vegan cheese / 20g nutritional yeast (optional)  |
| Cook (30 mins)               | Pre-heat oven to 180degrees<br>Boil & cook pasta until tender (approx 4-5mins)<br>In medium saucepan, heat oil. Add zucchini, chili and mushroom and sautee until tender (approx. 5mins)<br>Add fresh spinach to veg mix and stir fry for 2 mins until spinach wilted<br>Empty contents of Mamajis Vindaloo jar, plus additional half jar water. Stir through veg.<br>Remove from heat and mix cooked pasta and veg sauce with half of the cheese/yeast in a baking dish<br>Top with remaining cheese/yeast (optional)<br>Put into middle of oven for 15 mins or until top golden brown<br>Serve immediately with crusty bread |

Note: Silken tofu is a great addition of protein and creaminess!

# MANGO EXOTIC



Recipe idea: Mango & Veg stir fry  
Serves 4

|                              |   |
|------------------------------|---|
| Ingredients & Prep (10 mins) | <p>1x375g Mamajis Mango Exotic Sauce<br/>                 1 medium red capsicum (100g), cut into thin strips<br/>                 250g mushrooms, thickly sliced<br/>                 100g broccoli florets<br/>                 150g firm tofu, diced into bite size pieces<br/>                 1 tablespoon preferred cooking oil<br/>                 2 tablespoons pineapple juice (optional)<br/>                 200g noodles<br/>                 1 red chilli (optional), finely chopped<br/>                 Handful chopped peanuts (optional garnish)</p>                                       |
| Cook (20 mins)               | <p>Boil &amp; cook noodles until tender (approx 4-5mins)<br/>                 In large wok, heat oil over medium heat. Add capsicum and mushrooms and sautee until starting to soften (5 mins)<br/>                 Add broccoli and tofu, and stir fry for a further 5 mins until broccoli slightly tender<br/>                 Stir in contents of Mamajis Mango Exotic jar, red chilli &amp; pineapple juice, and simmer on medium heat for 5 mins<br/>                 Mix in cooked noodles and remove from heat<br/>                 Plate and garnish with chopped peanuts and serve immediately</p> |

Note: Use rice noodles and bean shoots to give this a Pad Thai vibe!

# ROGAN JOSH



Recipe idea: Aloo Gobi (Potato Cauliflower)  
Serves 4

|                |  |
|----------------|--|
| Ingredients    | <p>1x375g Mamajis Rogan Josh Sauce<br/>                 1 large head Cauliflower (800g), cut into 2 inch florets<br/>                 2 large white potatoes (400g) cut into 2 inch cubes<br/>                 1 tablespoon preferred cooking oil<br/>                 1 medium green chilli (optional), finely diced<br/>                 Small handful fresh coriander (optional), roughly chopped</p>   |
| Cook (20 mins) | <p>In medium size saucepan, heat oil of choice<br/>                 Add contents of Mamajis Rogan Josh jar, potatoes, chili and cauliflower and stir until all veg covered by sauce<br/>                 Cover and cook for 15 mins (until tender), stirring regularly<br/>                 Remove from heat, pour into serving dish and garnish with fresh coriander<br/>                 Serve immediately with roti or naan. Also delicious in a wrap topped with plant based yoghurt</p> |

Note: Throw in some brussel sprouts to pack in the greens!

# KASHMIRI MASALA



Recipe idea: Kashmiri Corn  
Serves 4-6

|                             |   |
|-----------------------------|---|
| Ingredients & Prep (5 mins) | <p>1x375g Mamajis Kashmiri Masala Sauce<br/>                 500g Corn on Cob<br/>                 1 small handful coriander (optional), roughly chopped<br/>                 1 medium green chilli (optional), finely diced</p>  |
| Cook (15 mins)              | <p>In medium size saucepan, pour contents of Mamajis Kashmiri Masala jar<br/>                 Add Corn cobs and chili<br/>                 Simmer for 15 mins or until corn is tender<br/>                 Remove from heat, pour into serving dish and garnish with fresh coriander<br/>                 Serve immediately with rice, pita bread or naan</p> |

Note: use frozen kernels or cobs for a delicious curry in 15 mins!

# PAPRIKAAN SPINACH



Recipe idea: Aloo Palak (Potato Spinach)  
Serves 4-6

|                             |   |
|-----------------------------|---|
| Ingredients & Prep (5 mins) | <p>1x375g Mamajis Paprikaan Spinach Sauce<br/>                 3 large white potatoes (600g), peeled and chopped into 1 inch cubes<br/>                 1 small handful fresh coriander, washed and roughly chopped<br/>                 1 medium green chilli (optional), finely diced<br/>                 1 tablespoon preferred cooking oil</p>   |
| Cook (20 mins)              | <p>In medium size saucepan, heat oil of choice<br/>                 On med-high heat, stir fry potatoes for 3-4 minutes until<br/>                 Add contents of Mamajis Paprikaan Spinach jar and chili<br/>                 Cover and cook for 15 mins (until tender), stirring regularly<br/>                 Remove from heat, pour into serving dish and garnish with fresh coriander<br/>                 Serve immediately with roti or naan</p> |

Note: substitute potatoes for mushrooms for a delicious low carb alternative!

# TANDOORI PASTE



Recipe idea: Tandoori Skewers  
Serves 4

|                              |  |
|------------------------------|--|
| Ingredients & Prep (10 mins) | <p>Half jar Mamajis Tandoori Paste (140g)<br/>                 400g Firm Tofu / Tempeh, cut into 1 inch cubes<br/>                 1 medium sized onion, cut into 1 inch cubes<br/>                 1 large tomato, cut into 1 inch cubes<br/>                 1 medium sized capsicum, cut into 1 inch cubes<br/>                 1/2 cup coconut yoghurt or other plant based yoghurt<br/>                 Squeeze of lime juice (optional)<br/>                 Small handful fresh coriander (optional), roughly chopped<br/>                 Mix tandoori paste and yoghurt together in a large bowl to<br/>                 Place all chopped vegetables and tofu/tempeh into bowl and mix through marinade until all ingredients coated completely<br/>                 Set aside for 2 hours. For best results, leave to marinate overnight in fridge.</p> |
| Cook (20 mins)               | <p>Pre-heat oven to 220degrees. Place a cooling rack over an oven tray and set aside.<br/>                 Skewer tofu/tempeh cubes alternating with onion, capsicum and tomatoes (approx 3-4 skewers)<br/>                 Place skewers on cooling rack and bake in oven for 15 mins, juice and coriander.<br/>                 Serve immediately and enjoy! Can also be served in wraps or on a bed of couscous...yum!</p>  |

Note: this recipe can be followed with other veg (mushrooms, zucchini, eggplant,

# VINDALOO



Recipe idea: Chitte Cholay (White Chickpeas)  
Serves 4

|                             |  |
|-----------------------------|--|
| Ingredients & Prep (5 mins) | <p>1x375g Mamajis Vindaloo Sauce<br/>                 2x400g Canned Chickpeas (800g), washed and drained<br/>                 1 small onion (optional)<br/>                 1 small fresh tomato (optional), roughly chopped for garnish<br/>                 1 small handful coriander (optional), washed and roughly chopped for garnish</p>   |
| Cook (20 mins)              | <p>In medium size saucepan empty contents of Mamajis Vindaloo<br/>                 Add chickpeas and simmer for 15 mins (stirring occasionally)<br/>                 Add onion and coriander, cook for further 5 mins<br/>                 Remove from heat, pour into serving dish and garnish with fresh tomatoes<br/>                 Serve immediately with rice, pita bread or naan</p> |

Note: Chickpeas can be substituted for 2 large eggplants (diced) for a tasty alternative!