

PRESS RELEASE: Spice up your life with Geeta's new range of Spice Mixes

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Bursting with flavour, Geeta's new Spice Mix range combines expertly selected Indian herbs and spices, making it simpler than ever to create authentic Indian food at home. Perfect for when time isn't on your side, Geeta's Spice Mixes contain all the spices you need to add to a few store-cupboard essentials to make your favourite curry.



With each mix representing a particular region of India, whether you prefer your curry hot and spicy or creamy and mild, there is a Spice Mix for you. Choose from the five tasty combinations of **Tandoori**, **Tikka**, **Rogan Josh**, **Keralan** and **Dhansak** and create a **mid-week or weekend** meal for family and friends within a matter of minutes.

Creating an exquisite marinade for meats and fish, why not try the aromatic Northern Indian delights of roasted coriander, cardamom and chilli that creates the ultimate **Tikka Spice Mix** or, for more Punjabi inspired cuisine look no further than the zingy **Tandoori Spice Mix**, an irresistible blend of roasted cumin, ginger and cardamom and with paprika giving it a *tantalising red hue*, making it a feast for the eyes as well as for the taste buds!



Heralding from the affectionately termed Land of the Spices, the **Keralan Spice Mix** bursts with all the delicious flavours from South India's Keralan region. Whilst the **Dhansak Spice Mix** is a beautifully blended collection of spices from one of India's favourite lentil dishes which subtly combines flavours from Persia and India's North West region of Gujarat. Alternatively, for a wonderfully aromatic mix from Kashmir, the **Rogan Josh Spice Mix** will add a hint of Persian exoticism to any curry.

Versatile and delicious, the range of five spice mixes are the key ingredient to helping you to make a mouth-watering curry or marinade with help from just a few store cupboard essentials (like chopped tomatoes, yogurt or coconut milk) and any meat/poultry/seafood or vegetables.

The versatile range is priced at £1 for a 30g pack, serves four people, and has been created by Geeta herself. Each recipe champions the spices and herbs typical to specific regions across India.

Tikka and Tandoori from Geeta's Spice Mix range is available from Morrisons as well as the full range being available from www.geetasfoods.com and contains no artificial colours, flavours or preservatives.