



I am Chef Akila, a 75-year-old Indian grandmother living in Yorkshire. I've been passionately cooking Indian food for more than 60 years.

With the help of experts like doctors and nutritionists, I've made my traditional recipes as healthy as possible - while still tasting delicious.

You get the same food that our family & grand children eat. Please get in touch with any feedback or suggestions.

[www.chefakila.com](http://www.chefakila.com)



*Akila*



# Chef Akila

HOME MADE

**FINEST SLOW-COOKED CURRIES**



*Much Healthier than Takeaways*

*No Nasty Oils or Chemicals*

*All Natural Ingredients*

Order Online at [WWW.CHEFAKILA.COM](http://WWW.CHEFAKILA.COM)

Contact us: Text or WhatsApp 07946 854811. Email: [chef@chefakila.com](mailto:chef@chefakila.com)

**CHEF MADE, FROZEN & DELIVERED**

**Just Heat-up & Enjoy Deliciously Healthy Meals in Minutes**



DOOR DELIVERY  
**ORDER ONLINE**  
[WWW.CHEFAKILA.COM](http://WWW.CHEFAKILA.COM)



DOOR DELIVERY  
**ORDER ONLINE**  
[WWW.CHEFAKILA.COM](http://WWW.CHEFAKILA.COM)

# Menu *All free-from additives, gluten, soya, fish & eggs.*

## Slow-Cooked Lamb or Chicken Curries

*Best recipes from Indian villages, slow-cooked with the best meat from Yorkshire Dales Farmers. Melt-in-the-mouth delicacies!*

**Chettinad Chicken Curry** 640g, Serves 2 **£7.99**  
60 Calories/100g Medium 🌶️🌶️

**Delhi Butter Chicken** 640g, Serves 2 **£7.99**  
86 Calories/100g Medium 🌶️🌶️

**Goan Chicken Curry** 640g, Serves 2 **£7.99**  
83 Calories/100g Mild 🌶️

**Pepper Chicken Curry** 640g, Serves 2 **£7.99**  
85 Calories/100g Hot 🌶️🌶️🌶️

**Village Chicken Curry** 640g, Serves 2 **£7.99**  
63 Calories/100g Medium 🌶️🌶️

**Grandmother's Lamb Curry** 640g, Serves 2 **£9.99**  
120 Calories/100g Medium 🌶️🌶️

**Lamb Beliram** 640g, Serves 2 **£9.99**  
113 Calories/100g Mild 🌶️

**Kashmiri Lamb Meatball Curry** 640g, Serves 2 **£9.99**  
98 Calories/100g Medium 🌶️🌶️



## Plant-Based Curries

*Real plant-based meals, all with the assurance of The Vegan Society Trademark. Full of veggie goodness and no factory made fake meats. Enjoy healthier meat-free days.*

**Hyderabad Aubergine Curry** 🌱 640g, Serves 2 **£7.99**  
48 Calories/100g Medium 🌶️🌶️

**Lentil & Vegetable Curry** 🌱 640g, Serves 2 **£7.99**  
60 Calories/100g Medium 🌶️🌶️

**Vegan Tikka Masala** 🌱 640g, Serves 2 **£7.99**  
52 Calories/100g Mild 🌶️

**Street Food Vegetable Curry** 🌱 640g, Serves 2 **£7.99**  
42 Calories/100g Medium 🌶️🌶️

**Dal Dumpling Curry** 🌱 640g, Serves 2 **£7.99**  
142 Calories/100g Medium 🌶️🌶️

**Tangy Tamarind Curry** 🌱 640g, Serves 2 **£7.99**  
104 Calories/100g Hot 🌶️🌶️🌶️



## Slow-Cooked Biryanis & Rice

*Our slow-cooked Biryanis and Rice items are mildly spiced with authentic flavours. Perfect with any of our curries or on their own.*

**Coconut & Cashew Rice** 🌱 450g, Serves 2 **£3.99**  
148 Calories/100g Mild 🌶️

**Nutty Lemon Rice** 🌱 450g, Serves 2 **£3.99**  
139 Calories/100g Mild 🌶️🌶️

**Kerala Ghee Rice** 450g, Serves 2 **£3.99**  
135 Calories/100g Mild 🌶️

**Ambur Lamb Biryani** 600g, Serves 2 **£9.99**  
172 Calories/100g Mild 🌶️🌶️

**Mum's Chicken Biryani** 600g, Serves 2 **£7.99**  
139 Calories/100g Mild 🌶️🌶️

## Meals for 1 450g, Serves 1 **£4.99**

*Filling 450g portion meals with curry and rice in one pack. All under 500 calories and ready in 5 minutes.*

**Vegetable Salna with Coconut & Cashew Rice** 🌱 399 Calories/Meal Medium 🌶️🌶️

**Aubergine Curry with Coconut & Cashew Rice** 🌱 414 Calories/Meal Medium 🌶️🌶️

**Chettinad Chicken Curry with Kerala Ghee Rice** 420 Calories/Meal Medium 🌶️🌶️

**Goan Chicken Curry with Kerala Ghee Rice** 477 Calories/Meal Mild 🌶️🌶️

**Pepper Chicken Curry with Kerala Ghee Rice** 482 Calories/Meal Hot 🌶️🌶️🌶️

**Village Chicken Curry with Coconut & Cashew Rice** 451 Calories/Meal Medium 🌶️🌶️

## Curry Sauces 550g, Serves 2-3 **£4.99**

*Just add your favourite veggies, chicken or meat and simmer. Handy in the freezer, ready when you are.*

**Hyderabad Curry Sauce** 🌱 33 Calories/100g Medium 🌶️🌶️

**Grandmother's Curry Sauce** 🌱 29 Calories/100g Medium 🌶️🌶️

**Goan Curry Sauce** 🌱 51 Calories/100g Mild 🌶️🌶️

**Hot Pepper Curry Sauce** 🌱 55 Calories/100g Hot 🌶️🌶️🌶️

