



I'm Chef Akila, an Indian grandma living in Yorkshire. I've been cooking real Indian food for over 60 years.

Working with doctors and nutritionists, I've made each recipe healthier and delicious.

If it isn't good enough for my grand children, it doesn't leave my kitchen. Enjoy the same wholesome meals that I make for my family.



@chefakila

Akila
www.chefakila.com

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MULTI-AWARD WINNING CURRIES & BIRYANIS



From My Yorkshire Kitchen *Akila*



*Much Healthier
than Takeaways*

*No Nasty Oils
or Chemicals*

*All Natural
Ingredients*

FRESHLY FROZEN & DELIVERED

Just Heat-up & Enjoy Deliciously Healthy Meals in Minutes

Yorkshire Farm Chicken Curries *Large Pack, 640g, Serves 2 £8*
Fresh chicken from local farmers, slow-cooked with many organic ingredients and authentic recipes.

Chettinad Chicken Curry

Quintessential South Indian curry. Chicken thigh pieces cooked with fresh coconut, fennel, tomatoes and a punchy home-made masala. **Medium** 🌶️🌶️

Delhi Butter Chicken

India's favourite. Marinated chicken, oven roasted & slow-cooked in a creamy sauce with tomatoes and spices. The Real Tikka Masala. **Medium** 🌶️🌶️

Goan Chicken Curry

Yorkshire Dales chicken thigh pieces, slow-cooked with coconut, onions, fresh herbs & aromatic spices. Children's favourite. **Mild** 🌶️

Pepper Chicken Curry

Black peppers, ground cashews and chicken thigh pieces in a deliciously hot curry. Authentic taste from coastal Kerala. **Hot** 🌶️🌶️🌶️

Village Chicken Curry

Our healthier twist on a South Indian village family recipe. Chicken thigh pieces cooked in a rustic onion and tomato-based gravy. **Medium** 🌶️🌶️

Slow-Cooked Biryanis & Rice

Large Pack, 550g, Serves 2

Our slow-cooked Biryanis are delicately spiced with authentic flavours. Perfect with any of our curries or on their own.

Mum's Chicken Biryani

Marinated chicken thigh meat slow-cooked with basmati rice and Akila's home made masala. Delicately flavoursome and satisfying. **Mild** 🌶️

Kerala Fried Chicken Biryani

The ultimate comfort food. Marinated & fried chicken thigh pieces slow-cooked with baby basmati rice. Moreish. **Medium** 🌶️🌶️

Royal Lamb Biryani

Regal delicacy fit for a King. Tender, diced lamb from the Yorkshire Dales, slow-cooked with basmati rice, saffron & spices. Our signature dish. **Mild** 🌶️

Chef's Jackfruit Biryani

Young savoury Jackfruit, slow-cooked in traditional "Dum" style with basmati rice, herbs & spices. A real crowd pleaser. **Mild** 🌶️

Coconut & Cashew Rice

Freshly grated coconuts cooked with basmati rice and mild spices. Delicious with any curry or on its own. **Mild** 🌶️

Nutty Lemon Rice

Basmati rice cooked with fresh lemon juice, seasonings and crunchy nuts. Authentic South Indian taste. **Mild** 🌶️



Slow-Cooked Lamb & Goat Curries *Large Pack, 640g, Serves 2 £10*
Our award-winning curries made with the finest local produce, supporting local businesses.

Grandma's Lamb Curry

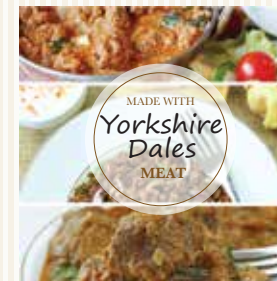
Yorkshire farmed tender lamb pieces, slow-cooked with freshly ground spices, tomatoes and coconut. Our best-seller. **Medium** 🌶️🌶️

Lamb & Spinach Curry

The famous Saag Gosht, made healthy. Diced boneless leg of Yorkshire lamb, slow-cooked with spinach and aromatic spices. **Medium** 🌶️🌶️

Desi Goat Curry

Tender mince from young British goat, cooked with fresh coconut, chillies and spices. Traditional Tamil recipe with layers of flavour. **Medium** 🌶️🌶️



Vegan & Vegetarian Curries *Large Pack, 640g, Serves 2 £8*

Deliciously authentic curries made with fresh produce and unique spices. Enjoy healthier meat-free days.

Aubergine & Peanut Curry

A delicious aubergine curry with roasted peanuts, fresh coconut, sesame and onions. Nutty, wholesome and packed with nutrition. **Medium** 🌶️🌶️

Lentil & Vegetable Curry

Lentils and mixed vegetables married together deliciously in this healthy curry. A family staple, which goes well with anything. **Medium** 🌶️🌶️

Vegan Tikka Masala

A healthier and cleaner Tikka Masala packed with cauliflower, chick peas, tomatoes and spinach. Delicious and filling. **Mild** 🌶️

Vegetable Salna

Famous street-food curry. Mixed vegetables cooked with peanuts, coconut, fennel seeds and authentic blend of spices. Addictive. **Medium** 🌶️🌶️

Paneer Butter Masala

Popular Punjabi delicacy. Cottage cheese, cooked in a silky rich curry with tomatoes, cashews, chillies & organic butter. A party favourite. **Hot** 🌶️🌶️🌶️

Akila's Black Dal

India's soul food, healthified. Black lentils slow-cooked for 24 hours with tomatoes, organic butter & spices. Deliciously creamy. **Medium** 🌶️🌶️

Chef's Choice Curry Boxes *Wholesome Meals for 2, based on your diet*
Scrumptious & fillings meals for 2, ideal for nights-in.

Meat Lover's Curry Box, Chicken Lover's Curry Box, Vegetarian Curries Box, Vegan Curry Box, Low Calorie Curry Box, Low Carb Curries Box and Custom Curry Boxes.

Full details on our website.

