



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



### CHEF'S CHOICE CURRY BOXES

Meat Lover's, Chicken Lover's, Low-carb, Low-cal, Vegan, Vegetarian and more. All gluten-free. More details at [www.ChefAkila.com](http://www.ChefAkila.com)



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## HOME MADE CURRIES & BIRYANIS

Winner of 32 Great Taste Awards



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

### Delhi Butter Chicken 640g, Serves 2 £8

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

### Village Chicken Curry 640g, Serves 2 £8

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

### Goan Chicken Curry 640g, Serves 2 £8

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

### Chettinad Chicken Curry 640g, Serves 2 £8

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

### Pepper Chicken Curry 640g, Serves 2 £8

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

### Chicken Ghee Roast 500g, Serves 2 £9.50

Boneless chicken and paneer, pan roasted with mangalore style masala and organic ghee. A party favourite. Medium 🍴🍴

## Biryanis and Rice

### Mum's Chicken Biryani 550g, Serves 2 £8

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

### Kerala Fried Chicken Biryani 550g, Serves 2 £8

The ultimate comfort food. Marinated & fried chicken thigh pieces slow-cooked with home made spices and rice. Moreish. Medium 🍴🍴

### Royal Lamb Biryani 550g, Serves 2 £10

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 550g, Serves 2 £8

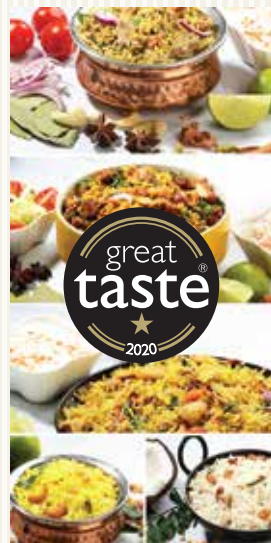
Young jackfruit & vegetables, slow-cooked in traditional "Dum" style with basmati rice, herbs & spices. A real crowd pleaser. Medium 🍴🍴

### Malabar Ghee Rice **Vegetarian** 550g, Serves 2 £5

Legendary Nei Choru; a festive delicacy that tastes sublime with any of our curries. Rice, mild spices and organic ghee. Mild 🍴

### Nutty Lemon Rice 550g, Serves 2 £5

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



## Slow-Cooked Lamb

### Grandma's Lamb Curry 640g, Serves 2 £10

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

### Lamb & Spinach Curry 640g, Serves 2 £10

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

### Lamb Pepper Fry 500g, Serves 2 £10

Boneless lamb pieces, slow-cooked and pan fried with potatoes in a spicy pepper masala. Medium 🍴🍴

## Vegan and Vegetarian

### Paneer Butter Masala **Vegetarian** 640g, Serves 2 £8

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 **Vegetarian** 640g, Serves 2 £8

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

### Five Lentil Dal **Vegetarian** 640g, Serves 2 £6.50

Famous Dal Panchratna from Jaipur. 5 varieties of lentils cooked with cumin, tomatoes & spices. Medium 🍴🍴

### Vegan Tikka Masala **Vegan** 640g, Serves 2 £8

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

### Dhaba Chickpea Masala **Vegan** 640g, Serves 2 £7.50

Chickpeas slow-cooked with homemade masala, onions and tomatoes. Tangy, hearty and goes with anything. Medium 🍴🍴

### Aubergine Gothsu **Vegan** 500g, Serves 2 £7

Mashed aubergines & diced potatoes in a tangy tamarind gravy. Traditional side dish at Tamil weddings. Medium 🍴🍴

### Spinach Dal Kootu **Vegan** 500g, Serves 2 £6.50

Spinach, coconut and mung dal; Kerala style. Wholesome & comforting as a side or main dish. Medium 🍴🍴

### Fisherman's Curry Sauce **Vegan** 500g, Serves 4 £5.50

Make your own traditional malabar curry. Simply add veg/fish/prawn and simmer. Make it mild or hot. Medium 🍴🍴

## Chef's Choice Curry Boxes *Ideal for Curry nights-in.*

Deliciously healthy meals for 2, to suit various diets. See our website for details.

