



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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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 *Serves 2 £8*

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

Village Chicken Curry *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 *Serves 2 £8*

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

Chettinad Chicken Curry *Serves 2 £8*

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

Pepper Chicken Curry *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 *Serves 2 £9.50*

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

Biryanis and Rice

Mum's Chicken Biryani *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 *Serves 2 £8*

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

Royal Lamb Biryani *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** 🍴

Vegetable Dum Biryani *Serves 2 £8*

Traditional Tamil style mixed vegetable biryani with freshly blended spices, rice and herbs. A party favourite. **Medium** 🍴

Malabar Ghee Rice *Vegetarian Serves 2 £4.50*

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

Nutty Lemon Rice *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 *Serves 2 £10*

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

Lamb & Spinach Curry *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 *Serves 2 £10*

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

Seafood

Kannur Prawn Curry *Serves 2 £10*

Fisherman's family recipe from Malabar coast. King Prawns in a fragrant curry with coconuts, tamarind and spices. **Medium** 🍴

Vegan and Vegetarian

Paneer Butter Masala *Vegetarian Serves 2 £8*

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

Akila's Black Dal *Vegetarian 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 Serves 2 £6.50*

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

Vegan Tikka Masala *Serves 2 £8*

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

Vegetable Kurma *Serves 2 £8*

This Chennai street-food style delicacy is a versatile side or main dish with any meal. Nutritious, delicious & wholesome. **Medium** 🍴

Aubergine Gothsu *Serves 2 £7*

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

Spinach Dal Kootu *Serves 2 £6.50*

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

Mum's Masala Potatoes *Serves 2 £6*

Scrumptious side dish. Semi-mashed potatoes, with sauteed onions and spices in a unique family recipe. Addictive. **Medium** 🍴

