



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 35 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 £9.20

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

**Chettinad Chicken Curry** Serves 2 £8.95

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

**Goan Chicken Curry** Serves 2 £8.95

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

**Village Chicken Curry** Serves 2 £8.95

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

**Pepper Chicken Curry** Serves 2 £8.95

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

**Chicken Sukka Roast** Serves 2 £7.95

Juicy chicken thigh pieces, pan fried with aromatic spices, herbs and onion. Enjoy this semi-dry dish as a starter or side. **Hot** 🍴

## Seafood

**Kannur Prawn Curry** Serves 2 £10.95

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

## Biryanis & Rice

**Royal Lamb Biryani** Serves 2 £10.95

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

**Kerala Chicken Biryani** Serves 2 £8.95

The ultimate comfort food. Pan fried chicken slow-cooked with basmati rice and our special masala. Moreish. **Medium** 🍴

**Mum's Chicken Biryani** Serves 2 £8.95

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

**Vegetable Dum Biryani** **VEGAN** Serves 2 £8.20

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

**Malabar Ghee Rice** **Vegetarian** Serves 2 £4.95

Basmati rice, mild spices and organic ghee. **Mild** 🍴

**Nutty Lemon Rice** **VEGAN** Serves 2 £4.95

Basmati rice, fresh lemon juice & crunchy. **Mild** 🍴



## Slow-cooked Lamb Curries

**Lamb & Spinach Curry** Serves 2 £11.20

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

**Grandma's Lamb Curry** Serves 2 £10.95

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

**Bombay Lamb Keema** Serves 2 £9.95

Legendary beachside delicacy from Mumbai. Succulent lamb mince and peas, simmered in our Chef's special bhaji masala. **Medium** 🍴

## Meat-free Delicacies

**Paneer Butter Masala** **Vegetarian** Serves 2 £8.95

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

**Vegan Tikka Masala** **VEGAN** Serves 2 £8.45

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

**Vegetable Kurma** **VEGAN** Serves 2 £8.20

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

**Kadala Curry** **VEGAN** Serves 2 £7.95

Keralan classic. Black chickpeas simmered in a roasted coconut gravy and homemade spice blend. **Medium** 🍴

**Akila's Black Dal** **Vegetarian** Serves 2 £7.95

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

## Scrumptious Sides & Dal

**Aubergine Gothsu** **VEGAN** Serves 2 £7.50

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

**Spinach Dal Kootu** **VEGAN** Serves 2 £6.95

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

**Five Lentil Dal** **Vegetarian** Serves 2 £6.95

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

**Mum's Masala Potatoes** **VEGAN** Serves 2 £6.50

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

