



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



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Chef Akila
UK'S NO 1 INDIAN MEALS

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

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

JUST HEAT & EAT. Freezer to fork in 10 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

Succulent 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 South India. **Hot** 🍴🍴

Chicken Sukka Roast Serves 2 £7.95

Juicy chicken thigh pieces, pan roasted with chillies, curry leaves & spices. 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, juicy lamb pieces, slow cooked with basmati rice, saffron & spices. Our signature dish. **Mild** 🍴

Kerala Chicken Biryani Serves 2 £8.95

The ultimate comfort food. Marinated & roasted chicken thigh pieces slow cooked with basmati rice and our special masala blend. Moreish. **Medium** 🍴

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

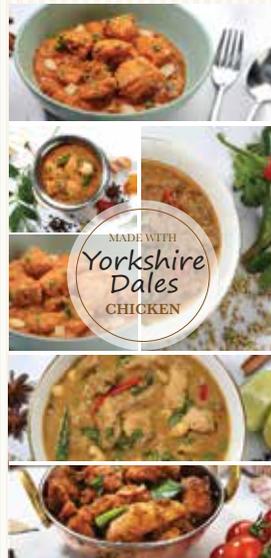
Traditional Tamil style mixed vegetable biryani with freshly blended spices, rice and herbs. A party favourite. **Medium** 🍴

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

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

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

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



Slow-cooked Lamb Curries

Lamb & Spinach Curry Serves 2 £11.20

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

Grandma's Lamb Curry Serves 2 £10.95

Our best-seller. Tender boneless Lamb pieces, slow cooked with freshly ground spices, tomatoes and coconut. **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, chickpeas, 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

This traditional side dish is served at Tamil weddings. Mashed aubergines & diced potatoes in a tangy tamarind gravy. **Medium** 🍴

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

Nutritious 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 nutritious lentils cooked with tomatoes, spices and a touch of home-made organic ghee. **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** 🍴



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