

I'm Chef Akila, an Indian grandma living in Yorkshire. I've been cooking <u>real</u> 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.

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Akıla\_\_\_\_ www.chefakila.com

# Combo Meals for One

Butter Chicken Combo Meal <i>M</i> Delhi Butter Chicken with Ghee Rice in a generous sized pack.	£7.45
Chicken Sukka Biryani Meal	£7.45
Goan Chicken Combo Meal 🥒 Goan Chicken Curry with Coconut & Cashew Rice.	£7.45
Prawn Curry Combo Meal 💴 Authentic Kannur Prawn Curry with our Coconut Rice.	£7.95
Vegetable Birvani Combo Meal 🌶 VEGAN	£7.45

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Goan Chicken Curry 🤌 Mild, tangy and flavoursome curry from Goa.	Serves 2	£10.95	
Chettinad Chicken Curry <i>M</i> Quintessential South-Indian delicacy.	Serves 2	£9.95	
Pepper Chicken Curry <b>JJJ</b> Spicy, home-style curry from Kerala.	Serves 2	£9.95	
Chicken Sukka Roast //// Hot & spicy dry curry. Ideal as starter or side.	Serves 2	£8.95	1

### **Slow-Cooked Lamb Curries**

Lamb & Spinach Curry ಖ	Serves 2	£11.95
The famous Saag-Gosht, made healthy.		
Grandma's Lamb Curry 🌶	Serves 2	£11.95
Our Grandma's recipe, made with Yorkshire Lamb		
Bombay Lamb Keema ಖ	Serves 2	£9.95
Beach-side delicacy from Mumbai.		

## **Traditional Birvanis & Rice**

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Kuska Biryani Rice 加 Vegetarian	Serves 2	£5.95
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	Serves 2	£4.95
Organic coconut, finest Basmati and nutritious cas	news.	

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# Seafood

Kannur Prawn Curry 🌶 Serves 2 £12.95 Fisherman's family recipe. Organic coconut & King prawns.

## Meat-free Delicacies

Micat file Deficacies		
Paneer Butter Masala 🥠 Vegetarian Popular Punjabi delicacy. Cottage cheese in buttery t	Serves 2 omato curr	
Vegan Tikka Masala 🤌 VEGAN Healthier version of a classic, with chickpeas and cau	<i>Serves 2</i> uliflower.	£8.95
Kadala Curry 🤌 VEGAN Traditional black chickpea curry with organic cocond	Serves 2 at.	£7.95
Akila's Black Dal 🥢 Vegetarian India's soul food. Creamy, smoky and comforting.	Serves 2	£7.95
Madras Potato Sambar <i>M</i> Vegetarian Traditional lentil and vegetable curry that's our famil		£7.95
Scrumptious Sides & Dal		
Chicken 65 (Starter) 11 Legendary boneless fried chicken from Madras.	Serves 2	£7.95
Aubergine Gothsu <i>M</i> VEGAN Traditional side dish with mashed aubergines and po	Serves 2 tatoes.	£7.95
Spinach Dal Kootu 🤌 VEGAN Organic coconut, spinach and mung dal, Kerala style	Serves 2 e.	£6.95
Five Lentil Dal <b>J</b> Vegetarian 5 different lentils with home-made ghee. Wholesome	. Serves 2	£6.95
Carrot & Beans Poriyal J VEGAN Carrots and green beans stir-fried with coconut and a	Serves 2 authentic sp	
Mum's Masala Potatoes <i>M</i> VEGAN Scrumptious side. Family recipe with semi-mashed p	Serves 2 otatoes & o	
All-in-One Curry Sauces		
Makhani Curry Sauce 🌶 Vegetarian	Serves 4	£5.95

Creamy sauce suitable to make any curry. Fisherman's Curry Sauce *JJ* VEGAN Serves 4 £5.95 Make your own authentic seafood curry. Chettinad Curry Sauce *M* Serves 4 £5.95 Make South Indian meat or veg curry.



Just

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