



200 Healthy Curries

By Sunil Vijayakar

Paperback. Book Condition: New. Not Signed; Curries have long been a favourite in British restaurants but it is also so easy to achieve spectacular, fragrant and exotic dishes at home which are far healthier than any takeaway. Focusing on divine combinations of spices and curry pastes to achieve maximum flavour, curries are a great way to increase your intake of healthy vegetables and lean protein while your meals remain delicious. With recipes including Monkfish Korma, Beef and Potato Madras, Balti Chicken, Lime Leaf and Cashew Nut Curry, Laotian Vegetable Curry and Singaporean Seared Curried Scallops you'll have inspiration from around the world and will never run out of ideas for dishes low in fat and high in flavour. book.



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