



Slimming World's Curry Feast: 2013

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At last, here's the book we've all been waiting for: curries that are healthy, low in fat and absolutely mouthwatering! You never have to deny yourself or miss out, you can indulge your wildest curry fantasies and cook quick and easy, exotic meals every day of the week. This book features recipes from across India, Thailand and Malaysia, with dishes both sweet and spicy, fresh and fragrant, and delicious and decadent. With soups and starters such as Thai green curry soup and Onion bhajis, you can recreate all those restaurant favorites at home. Main-course curries include such classics as slow-cooked lamb rogan josh, red-hot beef madras, and mild creamy chicken korma. There are plenty of fish and seafood options too, like aromatic Goan prawn curry or Kerala-style fish steamed in banana leaves. Or for a lighter option, try refreshing lemongrass and prawn salad or chicken tikka with red onion. For vegetarians, lentils, rice and pulses make fantastic dishes including tarka dhal, chana masala, spiced beetroot with coconut and Mumbai aloo (cumin-scented potatoes). And an Indian banquet wouldn't be complete without accompaniments such as lime pickle and coconut pickle. Whether you want a simple one-dish supper at home, or a feast for family friends, this exciting selection of authentic, tasty recipes makes for the perfect meal.

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Susan Negri:

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