

# FREE 7-DAY RECIPE EBOOK...





# SPICES OF INDIA

*Indian Food, Indian Spices, Indian Sweets,  
Cooking Ingredients, Kitchen and Tableware,  
Recipes and more...*

## Monday:

### Divinely Spicy Dal

Serves: 4



[Click to Enlarge](#)

Preparation Time: 10 Minutes.

Cooking Time: 30 Minutes

Ingredients: Red Lentils - 150g  
Chana Dal - 20g  
White Onion - 1 large, coarsely chopped  
Fresh Whole Green Chillies - 2-3 to taste  
Ground Turmeric - 1 tsp  
Salt, to taste  
Coconut Oil or Pure Butter Ghee - 1 tsp  
Dried Red Birds Eye Chillies - 3-4  
Black or Brown Mustard Seeds - 1 tsp  
Cumin Seeds - 1 tsp  
Curry Leaves - 6, fresh or dried  
Garlic Cloves - 3, finely chopped

Instructions:

- Rinse the red lentils and chana dal in several changes of water, until the water runs clear.
- Add 450ml boiling water, the washed red lentils and chana dal, the chopped onions, the whole green chillies, salt to taste and the ground turmeric to a large pan. Bring to the boil, cover the pan and cook until the lentils are soft.
- Allow the lentils to cool slightly, set aside the whole green chillies, then blend the lentils to your preferred consistency, replace the green chillies and cover the pan.

- For the tadka: in a small pan, heat the **coconut oil** until very hot, add the chopped **garlic, red bird chillies, mustard seeds, cumin seeds** and **curry leaves**. Fry until the garlic turns brown and the mustard seeds are popping, stirring continuously.
- Tip the tadka in to the blended lentils - do not stir. It should sizzle. Replace the lid and leave to stand for 5-10 minutes to allow the flavours to infuse before serving. Stir just before serving.
- Delicious as a side dish for dinner, and lovely on its own or with a little rice for lunch. Pure comfort food. Heaven!



# SPICES OF INDIA

*Indian Food, Indian Spices, Indian Sweets,  
Cooking Ingredients, Kitchen and Tableware,  
Recipes and more...*

## Tuesday:

### Keema Curry



[Click to Enlarge](#)

*Adapted from a recipe by Gurpareet Bains*

*Probably the best mince you have ever tasted...*

**Serves:** 4

**Preparation Time:** 10 mins

**Cooking Time:** 45 mins

**Ingredients:** 500g Minced Lamb  
1 small Sweet Potato, cut into small cubes  
1 Green Pepper, deseeded and diced  
1 Onion, thinly sliced  
2 tbsps Coconut Oil  
2 tins Chopped Tomatoes, blended until smooth  
Salt to taste  
1 tsp Ground Turmeric  
2 tsps Garam Masala  
1 tsp Ground Coriander  
1 tsp Black Peppercorns, ground  
1 tsp Fenugreek Seeds  
1 tsp Cumin Seeds  
1 tsp Onion Seeds  
6 cloves Garlic, finely chopped

3 tbsps **Ginger** grated  
**Green Chillies** to taste, chopped  
100g Green Peas  
**Fresh Coriander**, handful

**Method:**

- Heat the **Coconut Oil** in a pan, add the **Fenugreek Seeds**, **Cumin Seeds** and **Onion Seeds** and stir-fry until the seeds pop.
- Add the **Salt**, if using, and **Onion** and cook until the onion is lightly browned. Then add the **Garlic** and stir to mix.
- Add the **Black Peppercorns**, **Ground Turmeric**, 1 tsp **Garam Masala**, **Ground Coriander**, **Chillies**, **Ginger** and 1 blended tin of **Chopped Tomatoes** and mix well.
- Simmer for 10 minutes, stirring occasionally, until the liquid has evaporated and you are left with a concentrated paste.
- Turn up the heat and add the minced lamb, stirring continuously until it is all browned.
- Add the sweet potato, green pepper, green peas and the second tin of blended **Chopped Tomatoes**, and simmer, without a lid, for 30 minutes.
- Stir in the second teaspoon of **Garam Masala**, add the **Fresh Coriander** and serve hot.



# SPICES OF INDIA

*Indian Food, Indian Spices, Indian Sweets,  
Cooking Ingredients, Kitchen and Tableware,  
Recipes and more...*

**Wednesday:**

## **Spinach Tomato Loaf**



[Click to Enlarge](#)

*For those of us on a Wheat Free Diet - this Spinach Tomato Loaf hits the spot every time...*

*Adapted from a recipe by Gurpareet Bains:*

**Serves:** 4

**Preparation Time:** 15 min

**Cooking Time:** 30 mins

**Ingredients:**

- Coarse Cornmeal - 160g
- Eggs, 3
- Coconut Milk - 350ml
- White Onion, 1 finely chopped
- Coconut Oil - 3 tbsps
- Cumin Seeds - 1 tsp
- Ground Black Pepper - ½ tsp
- Chilli Powder - ½ tsp
- Salt - to taste
- Cherry Tomatoes, halved x 12
- Chopped Spinach - 100g
- Fresh Green Chillies, 2-4 finely chopped
- Fresh Coriander, 4 tbsps chopped

**Method:**

- Pre-heat oven to Gas Mark 7 / 220c.
- Line 2 loaf tins with foil, and lightly grease with 1 tbsps Coconut Oil.

- In a large bowl, whisk together the eggs and **Coconut Milk**, stir in the **Cornmeal** and set aside.
- Dry fry the **Cumin Seeds** over a high heat in a large pan until they brown, stirring/shaking continuously.
- Turn down the heat, add the coconut oil, **Ground Black Pepper** and **Chilli Powder** and stir for 30 seconds.
- Add the chopped **Onion**, and cook until soft and translucent.
- Add the tomatoes, **Fresh Green Chillies** and chopped **Spinach** and cook until the spinach has wilted.
- Add the chopped **Coriander**. Then combine the cornmeal mixture with the tomato spinach mix.
- Stir the mixture well and divide between the 2 loaf tins.
- Bake in the oven for about 20 minutes or until set.
- Allow to cool for about 15 minutes then serve warm.
- Also delicious cut in to slices and lightly grilled.



# SPICES OF INDIA

*Indian Food, Indian Spices, Indian Sweets,  
Cooking Ingredients, Kitchen and Tableware,  
Recipes and more...*

## Thursday:

### Chick Pea Curry



[Click to Enlarge](#)

*Creamy Chick Peas coated in a rich, spicy tomato masala sauce...*

**Serves:** 4

**Preparation Time:** 10 mins

**Cooking Time:** 20-30 mins

**Ingredients:** Chickpeas - 800g, rinsed and drained  
Onion - 1 large, chopped  
Coconut Oil - 1 tbsp  
Chopped Tomatoes - 1 tin  
Salt - to taste  
Ground Turmeric - 1 tsp  
Garam Masala - 1 tsp  
Ground Coriander - 1 tsp  
Ground Cumin - 1 tsp  
Garlic - 2 tsp crushed  
Ginger - 1 tsp chopped  
Green Chillies - 1 tsp chopped  
Fresh Coriander - handful

**Method:**

- Heat the Coconut Oil in a pan, add the Onions and cook until brown, stirring occasionally.
- Now make the spicy tomato masala sauce. Add the Chopped Tomatoes, Salt, Ground Turmeric, Garam Masala, Ground Coriander, Ground Cumin, Chillies, Garlic, and Ginger and stir.



- Simmer for 5 -10 minutes with the lid on, stirring occasionally, until the masala sauce 'splits' and oil appears on the surface.
- Gently stir in the **Chickpeas** and add boiling water until the masala sauce is your desired consistency.
- Then cook over a medium heat for 5 minutes until the Chick Peas are warmed through.
- Add the **Fresh Coriander** and serve hot.



# SPICES OF INDIA

*Indian Food, Indian Spices, Indian Sweets,  
Cooking Ingredients, Kitchen and Tableware,  
Recipes and more...*

## Friday:

### Garlic Prawns



[Click to Enlarge](#)

*This is the perfect dish when you want a quick, tasty meal with that 'chilli fix'. This proves that great tasting food does not have to be elaborate or difficult to prepare...*

**Serves:** 4

**Preparation Time:** 15 min

**Cooking Time:** 5 mins

**Ingredients:**

Raw King Prawns,  
750g, shelled and  
de-veined

Salt, to taste

Fresh Garlic - 3  
fat cloves,  
crushed

Coconut Oil - 2  
tbsps

Ground Coriander  
- 1½ tsp

Ground Turmeric -  
½ tsp

Chilli Powder - ¼  
tsp

Hot Green  
Chillies, 1 - 3,  
minced, to taste

Fresh Lemon  
Juice, from half  
lemon

Fresh Coriander, 4  
tbsps chopped

**Method:**

- Wash, peel and de-vein the Raw King Prawns, and crush the garlic and chop the fresh chillies and coriander.
- Heat 2 tbsps coconut oil, add the crushed garlic and salt and gently fry until lightly brown.
- Add the chopped green chillies and stir for 10 seconds.
- Add the prawns and stir fry for 3-4 minutes, until they begin to turn pink.
- Add the Ground Coriander, Ground Turmeric and Chilli Powder and continue to fry until the prawns are fully cooked, siring all the time.
- Remove from the heat, add the lemon juice and fresh coriander and serve.
- Delicious as a starter with crispy lettuce, and slices of red onion and cucumber.
- Even better as a simple supper, with fluffy basmati rice and salad.



# SPICES OF INDIA

*Indian Food, Indian Spices, Indian Sweets,  
Cooking Ingredients, Kitchen and Tableware,  
Recipes and more...*

## Saturday:

### Chicken Madras

*Do you want Chicken Madras with that unique British Indian Restaurant quality and taste? Then simply follow the instructions below for success every time...*



[Click to Enlarge](#)

Serves: 4  
Preparation Time: 30 Minutes  
Cooking Time: 1 Hour

**Ingredients:**  
500g Boneless Chicken  
(cut into small cubes)  
1½ Medium Onions (300g)  
8-10g Fresh Ginger  
3 Medium Garlic Cloves  
2 Finger Green Chilli  
5 cherry tomatoes  
1/2 Small Green Pepper  
4 tbsp Veg/Olive Oil  
1/2 tsp Turmeric  
6 tsp (40g) **Mr Huda's  
Universal Curry Paste**  
5-6 tsp Chilli Powder  
(optional/to taste)  
1 tsp Coriander Powder  
2-3 Green Cardamom  
3 Bay Leaves  
Fresh Coriander

Instructions:

#### **1st Stage (Puree):**

1. Cut 1 onion into 1/4's, cut 3 tomatoes into 1/4's, chop the green pepper, ginger (peeled), 1 garlic clove, 2 green chillies and the ground coriander.

2. Put the above in a small sauce pan together with 4 tbsp oil, ¼ tsp turmeric, salt and cup of warm water (around 200/ 250 ml) covered with lid.

3. Gently boil the vegetables until soft (approximately 15-20 mins) stirring occasionally.

4. When cooked place in a blender to make into puree.

### **2nd Stage (Curry):**

1. Heat 2 tbsp of oil (moderate heat) in a medium sized sauce pan.

2. Add 2 crushed garlic cloves, cardamom and the bay leaves and slowly fry until the garlic is golden.

3. Add rest of the onions (finely sliced) with salt and cook to soften (stirring regularly).

4. Add **Mr Huda's Universal Curry Paste**, chilli powder and the rest of the chopped tomatoes cook for 1-2 mins (stirring continuously).

5. Add the ready blended puree and cook for around 3-4 mins (covered and stirring occasionally).

6. Add the Chicken with a cup warm water (around 200-250 ml) and on full heat bring to boil and then cook for around 3-4 mins (covered and stirring occasionally).

7. Back to moderate / low heat, leave to simmer for 45-minutes to 1 hour (stirring occasionally) or until the required moisture (add more water if you prefer more sauce or cook on higher heat slightly longer with lid semi opened for thicker sauce).

8. Once cooking is nearly over add the chopped coriander and leave the curry to settle for 15-20 mins before serving.



# SPICES OF INDIA

*Indian Food, Indian Spices, Indian Sweets,  
Cooking Ingredients, Kitchen and Tableware,  
Recipes and more...*

## Sunday:

### Chilli Con Carne



[Click to Enlarge](#)

**Serves:** 4

**Preparation Time:** 10 mins

**Cooking Time:** 45 mins

**Ingredients:** 500g minced beef  
1 red pepper, deseeded and diced  
2 Onions thinly sliced  
1 tbsp Coconut Oil  
1 tin Chopped Tomatoes  
Salt to taste  
1 tsp Ground Cumin  
1 tbsp Chilli Powder  
1 tsp Paprika  
1 stock cube  
Garlic - 2 cloves, finely chopped  
2 tbsps Tomato Puree  
2 tins Red Kidney Beans  
½ tsp Dried Marjoram

**Method:**

- Heat the Coconut Oil in a pan, add the Salt and Onion and cook until the onion is lightly browned. Then add the Garlic and fry for another 2 minutes.
- Add the red pepper, Ground Cumin, Chilli Powder and Paprika, mix well and cook for 5 minutes.
- Turn up the heat and add the minced beef, stirring

continuously until it is all browned.

- Add the **Chopped Tomatoes**, **Dried Marjoram**, stock cube and enough water to create the desired sauce consistency, bring to the boil and then simmer, uncovered, for 20 minutes.
- Add the **Red Kidney Beans** and cook for a further 10 minutes. Serve hot.