



The Curry Guy's Low Fat Indian Takeaway

Dan Toombs

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#1 Amazon Best Selling Author

“The Curry Guy’s Low Fat Takeaway”

Imagine being able to create your favourite takeaway style curries but without all the fat. In this ebook, Dan Toombs, AKA The Curry Guy has taken the most popular takeaway curry recipes and made them so that they are low in fat but still taste just like the Indian takeaway.

The recipes were developed, tried and tested before posting them on his blog for his readers to try and criticize. Only the best made it into this ebook!

In fact, when you make these Indian restaurant recipes at home, you will not even know you are eating diet food. Toombs walks you through the recipes and techniques so that you can cook these recipes to your own personal tastes. If you like it spicy, add more chillies or chilli powder, if not, you can leave the spice out.

You will learn how to make the essential base curry sauce. There is a low fat method and also a non-fat recipe. Once you have made this easy sauce, you will be on your way to making the best curry house style curries at home without having to count calories.

Using the freshest ingredients you can get your hands on, you will see just how easy it is to make restaurant style curries, quickly and easily that are deliciously out of this world.

You can also make the optional homemade curry powders that will take your cooking to the next level. There’s nothing quite as good as a curry that is made with fresh ingredients and homemade roasted spice powders.

By the time you finish this cookbook, you will be able to experiment and even develop you own low fat curries.

Recipes include:

Low Fat Indian Base Curry Sauces

Chicken and Meat Tikka

Chicken Tikka Masala Curry

Chicken Korma Curry

Chicken Dhansak Curry

Chicken Chili Garlic Curry

Chicken Vindaloo Curry

Cumin Chicken Curry

Chicken Patia Curry

Meat Bhuna Curry
Meat Rogan Josh Curry
Meat Curry With Chickpeas
Meat Saag Curry
Kidney Bean Curry
Bhindi Masala (Okra Curry)
Pureed Spinach Curry
Tandoori Summer Squash
Chickpea Curry
Bombay Aloo
White Fish Curry
Bangladeshi Bhaja Mackerel
Ceder Plank Salmon
Perfect White Rice
Cumin Rice
Saffron Rice
Stovetop Naans
Chapatti Bread

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