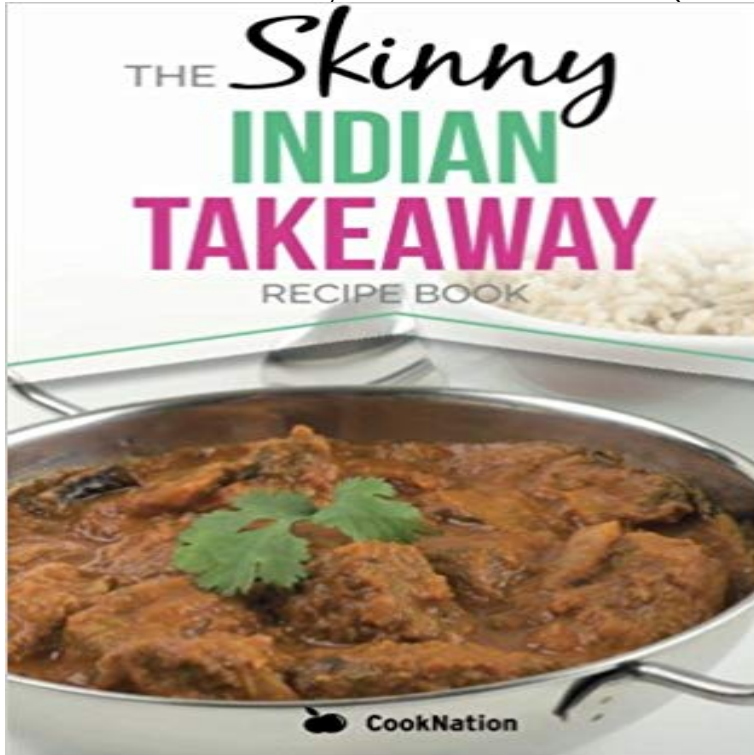


The Skinny Indian Takeaway Recipe Book: British Indian Restaurant Dishes Under 300, 400 And 500 Calories. The Secret To Low Calorie Indian Takeaway Food At Home. (Kitchen Collection)



The secret to cooking your favourite Indian takeaway meal isn't a secret anymore and even better, all our recipes are low calorie so you don't have to feel guilty about it ever again! This recipe book is packed full of the UK's best loved British Indian Restaurant Takeaway meals which we have turned into skinny versions with our Secret Super Simple Skinny Curry Base Mix. This means you can still enjoy your Friday night takeaway without piling on the pounds or compromising on the takeaway flavour we all love so much. So EASY even a BEGINNER can master in minutes the simple secret behind low calorie Madras, Tikka Masala, Korma, Rogan Josh, Vindaloo, Bhuna & many more. Plus you'll be doing it the skinny way without the gut-busting calories.

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