



More than just a curry paste!

RECIPES

All recipes serve 4 people

The General Rule for using Spice Guru Masala Blends:

**For every 450g/1lb meat/vegetables/fish use
40g of the preferred Masala Blend**

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Chef's Tips

Want More Flavour?

To enhance the flavour of your meat or chicken curry add a stick of cinnamon and 2 or three cloves to the heated oil before adding the other ingredients.

The Secret Ingredient

To enhance the flavour of your vegetable dishes add $\frac{1}{2}$ a teaspoon of whole cumin seeds to the heated oil and allow them to brown before adding the other ingredients.

Not Hot Enough?

If you like your curries hotter add a little dry red chilli powder to the dish.

Keep It Together!

Before you cook your fish soak it in 2 tablespoons of lemon juice and 1 teaspoon of salt for 15 minutes. Rinse thoroughly in cold water and you're ready to cook! This will stop the fish falling apart during cooking.

Notes:

- To make a thicker sauce base, puree the onions.
- If more sauce is required add $\frac{1}{2}$ - 1 cup water 5 minutes before the end of cooking time.

Spice Guru Magical Meat Recipes

1. Chicken Curry

1 Tablespoon cooking oil
1 Finely chopped medium onion
1 Small tin (227g) chopped tomatoes / 200g fresh tomatoes / 1 tablespoon tomato puree
40g/ 2 heaped teaspoons Spice Guru Magical Meat Masala Blend
450g Diced chicken fillets
½ - 1 Cup water
Chopped coriander to garnish

N.B. For Hot Tikka Masala add dry red chilli powder

Method

1. Heat the oil and sauté the onions until brown.
2. Add the tomatoes and the Spice Guru Magical Meat Masala Blend. Stir and cook for 2 – 3 minutes.
3. Add the chicken, mix thoroughly, cover and cook for 20 minutes on a medium heat, stirring occasionally until the chicken is cooked. 5 minutes before the end of cooking time add ½ - 1 cup of water if more sauce is required.
4. Garnish with coriander and serve.

2. Chicken Tikka

1 Tablespoon of cooking oil
2 Tablespoon natural yogurt
40g/ 2 heaped teaspoons Spice Guru Magical Meat Masala Blend
1 Tablespoon chopped coriander
450g Diced chicken fillets

Method

1. In a bowl mix together the oil, natural yogurt, Spice Guru Magical Meat Masala Blend and coriander.
2. Add the chicken and coat thoroughly in the marinade.
3. Arrange on a baking tray and cook for about 15 - 20 minutes in the oven at Gas mark 6 or 200°C.
4. Serve in a pitta bread with salad, mint yogurt and mango chutney.

3. Chicken Tikka Masala

1 Tablespoon of cooking oil
450 g Diced chicken fillets
1 Finely chopped medium onion
1 Small tin (227g) chopped tomatoes / 200g fresh tomatoes / 1 tablespoon tomato puree
40g/ 2 heaped teaspoons Spice Guru Magical Meat Masala Blend
1 Tablespoon ground almonds
4 Tablespoon single cream
1 Tablespoon chopped coriander to garnish

Method

1. Heat oil and fry together the onions and chicken for 5-6 minutes.
2. Add Spice Guru Magical Meat Masala Blend, tomatoes, cream, almonds and coriander. Mix thoroughly, cover and cook for 15 minutes on a medium heat, stirring occasionally.
3. Serve with rice, naan and salad.

4. Chicken/Meat Biryani

400g Basmati rice
3 Tablespoons of cooking oil
1 Cinnamon stick
2/3 Cloves
1 Finely sliced large onion
200g Chopped tomatoes (tinned or fresh)
40g/2 heaped teaspoons Spice Guru Magical Meat Masala Blend
450g Cubed chicken breast/meat
200g Mixed vegetables
1 Teaspoon cumin seeds
2 Tablespoons natural yogurt
200ml Water
Salt to season

Method

1. Wash and soak the rice in warm water for about 15 minutes. Par-boil and leave to one side.
2. In a pan heat 2 tablespoons of the cooking oil, cinnamon stick and cloves. Add the onions and sauté until brown.
3. Add the tomatoes and the Spice Guru Magical Meat Masala Blend. Stir and cook for 2 – 3 minutes.
4. Add the chicken/meat, mix thoroughly, cover and cook for 20 minutes on a medium heat, stirring occasionally. Leave to one side.
5. In a separate pan heat 1 tablespoon of cooking oil and the cumin seeds. Add the vegetables and sauté until cooked. Season with salt.
6. In a large ovenproof dish layer the rice, chicken and vegetables ending with a layer of rice.
7. Mix the natural yogurt with the water and pour over the biriyani.
8. Cover the dish with a lid or foil and cook in the oven at gas mark 6 or 200°C for 20 minutes.

5. Bombay Potatoes (Dry)

2 Tablespoons cooking oil

[1 teaspoon cumin seeds to be added to the heated oil before adding the Masala Blend – Optional]

40g/2 heaped teaspoons Spice Guru Vibrant Vegetable Masala Blend

450g par-boiled potatoes cubed

Chopped coriander to garnish

Method

1. Heat the oil. [Add the cumin seeds and brown].
2. Add the Spice Guru Vibrant Vegetable Masala Blend and mix thoroughly with the heated oil.
3. Add the par-boiled potatoes and coat thoroughly. Cook gently on a low heat until the potatoes have cooked through.
4. Garnish with coriander and serve.

6. Chickpea and Potato Curry

1 Tablespoon cooking oil

1 finely chopped medium onion

1 Small tin (227g) chopped tomatoes / 200g fresh tomatoes / 1 tablespoon tomato puree

40g/ 2 heaped teaspoons Spice Guru Vibrant Vegetable Masala Blend

400g Tin of chickpeas drained and washed

100g Par-boiled cubed potatoes

½ - 1 Cup water

Chopped coriander to garnish

Method

1. Heat the oil and sauté the onions until brown.
2. Add the tomatoes and the Spice Guru Vibrant Vegetable Masala Blend. Stir and cook for 2 – 3 minutes.
3. Add the chickpeas and par-boiled potatoes, mix thoroughly, cover and cook for 10 -12 minutes on a medium heat, stirring occasionally until the potatoes are cooked. 5 minutes before the end of cooking time add ½ - 1 cup of water if more sauce is required.
4. Garnish with coriander and serve.

7. Cauliflower and Pea Curry

Tablespoon cooking oil 1
350g Cauliflower florets
(100g peas (fresh or frozen
40g/2 heaped teaspoons Spice Guru Vibrant Vegetable Masala Blend
Fresh tomato chopped 1
Chopped coriander to garnish

Method

1. Heat the oil and add the cauliflower, peas and Spice Guru Vibrant Vegetable Masala Blend. Mix thoroughly, cover and cook for 10 minutes on a low heat.
2. Add the chopped tomato and stir thoroughly. Cook for a further 10 minutes.
3. Garnish with coriander and serve.

8. Mixed Vegetable Curry

1 Tablespoon of cooking oil
1 Finely chopped medium onion
1 Small tin (227g) chopped tomatoes / 200g fresh tomatoes / 1 tablespoon tomato puree
40g/2 heaped teaspoons Spice Guru Vibrant Vegetable Masala Blend
450g Par-boiled mixed vegetables
1 Cup water
Chopped coriander to garnish

Method

1. Heat the oil and sauté onions until brown.
2. Add the tomatoes and Spice Guru Vibrant Vegetable Masala Blend, stir and cook for 2 - 3 minutes.
3. Add the par-boiled vegetables, mix thoroughly, cover and cook for 10 minutes on a medium heat, stirring occasionally. 5 minutes before the end of cooking time add 1 cup of water if more sauce is required.
4. Garnish with coriander and serve.

9. Vegetable Biryani

400g Basmati rice
2 Tablespoons of cooking oil
1 Teaspoon cumin seeds
1 Finely sliced large onion
200g Chopped tomatoes (tinned or fresh)
40g/2 heaped teaspoons Spice Guru Vibrant Vegetable Masala Blend
450g Par-boiled Mixed vegetables
2 Tablespoons natural yogurt
200ml Water
Salt to season

Method

1. Wash and soak the rice in warm water for about 15 minutes. Par-boil and leave to one side.
2. In a pan heat the oil, and cumin seeds. Add the onions and sauté until brown.
3. Add the tomatoes and the Spice Guru Vibrant Vegetable Masala Blend. Stir and cook for 2 – 3 minutes.
4. Add the par-boiled vegetables, mix thoroughly, cover and cook for 5 minutes on a medium heat, stirring occasionally.
5. In a large ovenproof dish layer the rice and vegetables ending with a layer of rice.
6. Mix the natural yogurt with the water and pour over the biriyani.
7. Cover the dish with a lid or foil and cook in the oven at gas mark 6 or 200°C for 20 minutes.

10. Prawn Curry

1 Tablespoon cooking oil
1 finely chopped medium onion
1 Small tin (227g) chopped tomatoes / 200g fresh tomatoes / 1 tablespoon tomato puree
40g/ 2 heaped teaspoons Spice Guru Fabulous Fish [or use Magical Meat for a milder flavoured curry] Masala Blend
450g Prawns
½ - 1 Cup water
Chopped coriander to garnish

Method

1. Heat the oil and sauté the onions until brown.
2. Add the tomatoes and the Spice Guru Fabulous Fish Masala Blend. Stir and cook for 2 – 3 minutes.
3. Add the prawns, mix thoroughly, cover and cook for 15 minutes on a medium heat, stirring occasionally until the prawns are cooked. 5 minutes before the end of cooking time add ½ - 1 cup of water if more sauce is required.
4. Garnish with coriander and serve.

11. Fish Masala

1 Tablespoon of cooking oil
1 Small tin (227g) chopped tomatoes / 200g fresh tomatoes / 1 tablespoon tomato puree
40g/2 heaped teaspoons Spice Guru Fabulous Fish Masala Blend
450g Any white fish cubed
½ - 1 Cup water
Chopped coriander to garnish

Method

1. Heat the oil.
2. Add the tomatoes and Spice Guru Fabulous Fish Masala Blend, stir and cook for 2 minutes.
3. Add the fish, mix thoroughly, cover and cook for 15 minutes on a medium heat, stirring occasionally. 5 minutes before the end of cooking time add ½ - 1 cup of water if more sauce is required.
4. Garnish with coriander and serve.

12. Salmon Tikka

1 Tablespoon cooking oil

1 Teaspoon tomato puree

20g/1 heaped teaspoons Spice Guru Fabulous Fish Masala Blend

225g Salmon cut into 2 inch cubes

1 Tablespoon chopped coriander

Method

1. In a bowl mix together the oil, tomato puree, Spice Guru Fabulous Fish Masala Blend and coriander.
2. Add the salmon and coat thoroughly in the marinade. Arrange on a baking tray lined with foil.
3. Cook for about 12 - 15 minutes in the oven at gas mark 6 or 200°C.