



*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 ½ 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 ½ - 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. Butter Chicken

1 Tablespoon cooking oil  
2 Tablespoon melted butter/ghee  
1 Small tin (227g) chopped tomatoes / 200g fresh tomatoes / 1 tablespoon tomato puree  
1 tablespoon natural yogurt  
2 tablespoons ground almonds  
40g/2 heaped teaspoons Spice Guru Magical Meat Masala Blend  
450g Diced chicken fillets  
½ - 1 Cup water  
Chopped coriander to garnish

#### Method

1. Heat the oil and the melted butter.
2. Add the tomatoes, yogurt, ground almonds and Spice Guru Magical Meat Masala Blend. Mix thoroughly 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.

### 3. Chicken Jalfrezi

2 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  
1 green pepper sliced into ½ inch strips  
450g Diced chicken fillets  
½ - 1 Cup water  
Chopped coriander to garnish

#### Method

1. Heat 1 tablespoon oil and lightly fry the green pepper to soften. Leave to one side.
2. Heat the remaining oil and sauté the onion 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, mix thoroughly, cover and cook for 20 minutes on a medium heat, stirring occasionally until the chicken is cooked.
5. 5 minutes before the end of cooking time add the green pepper and stir through. At this point if more sauce is required add ½ - 1 cup of water.
6. Garnish with coriander and serve.

### 4. Chicken Korma

1 Tablespoon cooking oil  
1 finely chopped medium onion  
3 Tablespoons creamed coconut / coconut milk  
75g Natural yogurt  
2 Tablespoons ground almonds  
40g/2 heaped teaspoons Spice Guru Magical Meat Masala Blend  
450g Diced Chicken fillets  
Chopped coriander to garnish

#### Method 1

1. Heat the oil and sauté the onions.
2. Add the creamed coconut, yogurt, ground almonds and Spice Guru Magical Meat Masala Blend.
3. Add the chicken, mix thoroughly, cover and cook for 20 minutes on a medium heat stirring occasionally until the chicken is cooked.
4. Garnish with coriander and serve.

#### Method 2

1. Marinate the chicken in the yogurt and leave to one side.
2. Heat the oil and sauté the onions.
3. Add the creamed coconut, ground almonds and Spice Guru Magical Meat Masala Blend.
4. Add the marinated chicken, mix thoroughly, cover and cook for 20 minutes on a medium heat stirring occasionally until the chicken is cooked.
5. Garnish with coriander and serve.

## 5. **Chicken Bhuna** (dryer than Chicken Tikka Masala)

1 Tablespoon cooking oil  
1 finely chopped medium onion  
1 Small tin (100g) chopped tomatoes / 100g fresh tomatoes / ½ tablespoon tomato puree  
40g/2 heaped teaspoons Spice Guru Magical Meat Masala Blend  
450g Diced chicken fillets  
Chopped coriander to garnish

### 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.
4. Garnish with coriander and serve.

## 6. **Chicken Vindaloo**

1 Tablespoon cooking oil  
1 Finely chopped medium onion  
Splash of lemon juice  
2 Tablespoons white wine vinegar  
40g/2 heaped teaspoons Spice Guru Magical Meat Masala Blend  
Red chilli powder to taste  
450g Diced chicken fillets  
Chopped coriander to garnish

### Method

1. Heat the oil and sauté the onions until brown.
2. Add the lemon juice, white wine vinegar and Spice Guru Magical Meat Masala Blend. Cook for 2 -3 minutes.
3. Add the chicken [and potatoes], mix thoroughly, cover and cook for 20 minutes on a medium heat, stirring occasionally until the chicken is cooked. If you require your curry hotter add dry red chilli powder to taste.
4. Garnish with coriander and serve.

## 7. Chicken/Lamb Rogan Josh

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

### Method

N.B. If you are cooking with lamb, before adding to the sauce, in a frying pan heat 1 tablespoon cooking oil and seal the lamb.

1. Heat the oil and sauté the onions until brown.
2. Add the tomatoes, yogurt and the Spice Guru Magical Meat Masala Blend. Stir and cook for 2 – 3 minutes.
3. Add the chicken / sealed lamb, 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.

## 8. Chicken Balti

2 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  
½ Medium onion chopped into 1 inch wedges  
1 Green pepper chopped into 1 inch squares  
1 Red pepper chopped into 1 inch squares  
450g Diced chicken fillets  
½ - 1 cup water  
Chopped coriander to garnish

### Method

1. Heat 1 tablespoon oil and lightly fry the onion wedges, green pepper and red pepper to soften. Leave to one side.
2. Heat the remaining oil and sauté the onion 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, mix thoroughly, cover and cook for 20 minutes on a medium heat, stirring occasionally until the chicken is cooked.
5. 5 minutes before the end of cooking time add the onion, green and red pepper and stir through. At this point if more sauce is required add ½ - 1 cup of water.
6. Garnish with coriander and serve.

## 9. Chicken Dopiazza

2 Tablespoon oil

1 Large onion: ½ finely chopped / ½ chopped into 1 inch wedges

40g/2 heaped teaspoons Spice Guru Magical Meat Masala Blend

3 Tablespoons natural yogurt

450g Diced chicken fillets

Chopped coriander to garnish

### Method 1

1. Heat 1 tablespoon oil and sauté the onion wedges until brown. Leave to one side.
2. Heat the remaining oil and sauté the finely chopped onion until brown.
3. Add the yogurt and Spice Guru Magical Meat Masala Blend. Stir and cook for 2 – 3 minutes.
4. Add chicken, mix thoroughly, cover and cook for 20 minutes on a medium heat, stirring occasionally until the chicken is cooked.
5. 5 minutes before the end of cooking time add the sautéed onion wedges and stir through.
6. Garnish with coriander and serve.

### Method 2

1. Marinate chicken in the yogurt and leave to one side.
2. Heat 1 tablespoon oil and sauté the onion wedges until brown. Leave to one side.
3. Heat the remaining oil and sauté the finely chopped onion until brown.
4. Add the Spice Guru Magical Meat Masala Blend. Stir and cook for 2 – 3 minutes.
5. Add the marinated chicken, mix thoroughly, cover and cook for 20 minutes on a medium heat, stirring occasionally until the chicken is cooked.
6. 5 minutes before the end of cooking time add the sautéed onion wedges and stir through.
7. Garnish with coriander and serve.

## **10. Lamb and Aubergine Curry**

2 Tablespoon of cooking oil

1 Finely chopped medium onion

½ Large Aubergine, diced

100g tinned chopped tomatoes / 100g fresh tomatoes / ½ tablespoon tomato puree

40g/2 heaped teaspoons Spice Guru Magical Meat Masala Blend

450g Lamb diced

Coriander to Garnish

### **Method**

1. In a frying pan heat 1 tablespoon oil and seal the lamb. Leave to one side.
2. In a sauce pan heat the remaining oil and sauté the onions and aubergine until brown.
3. Add the tomatoes and the Spice Guru Magical Meat Masala Blend. Stir and cook for 2 – 3 minutes.
4. Add the sealed lamb, mix thoroughly, cover and cook for 20 minutes on a medium heat, stirring occasionally until the lamb is cooked. 5 minutes before the end of cooking time add 1 cup of water if more sauce is required.
5. Garnish with coriander and serve.

## **11. Keema and Peas Curry**

2 Tablespoons of cooking oil

1 Finely chopped medium onion

450g Minced lamb

40g/2 heaped teaspoons Spice Guru Magical Meat Masala Blend

50g Peas (fresh or frozen)

100g tinned chopped tomatoes / 100g fresh tomatoes / ½ tablespoon tomato puree

Chopped coriander to garnish

### **Method**

1. In a frying pan heat the oil and sauté onions until brown.
2. Add the mince and the Spice Guru Magical Meat Masala Blend. Cook the mince thoroughly.
3. Add the tomatoes and peas, mix thoroughly, cover and cook for 10 minutes. 5 minutes before the end of cooking time add 1 cup of water if more sauce is required.
4. Garnish with coriander and serve.

## **12. 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.

## **13. 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.

## **(Lamb Kebabs (Makes 8 - 10 skewers .14**

Tablespoon of cooking oil 1  
finely chopped small onion 1  
40g/ 2 heaped teaspoons Spice Guru Magical Meat Masala Blend  
450g Minced Lamb  
Egg whisked 1  
Tablespoon chopped coriander 1

Barbeque skewers

### Method

1. In a bowl mix together all the above ingredients.
2. Take a skewer and mould the mixture around.
3. Cook in the oven, grill or barbeque.
4. Alternatively, mould the mixture into meat balls or burgers. In a frying pan, heat 2 tablespoons of cooking oil and fry.
5. Serve in a pitta bread with salad.

## **15. 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.

## Spice Guru Vibrant Vegetable Recipes

### 16. Saag Aloo

1 Tablespoon cooking oil  
1 Finely chopped medium onion  
40g/2 heaped teaspoons Spice Guru Vibrant Vegetable Masala Blend  
350g Par-boiled potatoes, cubed  
200g Spinach

#### Method

1. Heat the oil and sauté the onions until translucent.
2. Add the Spice Guru Vibrant Vegetable Masala Blend, cook for 2 minutes.
3. Add the par-boiled potatoes and spinach and cook on a low heat for 10 – 12 minutes, stirring occasionally until the potatoes are cooked through.
4. Serve.

### 17. 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.

### 18. Bombay Potatoes (Saucy)

1 Tablespoon cooking oil  
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 potatoes cubed  
½ - 1 Cup water  
Chopped coriander to garnish

#### Method

1. Heat the oil.
2. Add the tomatoes and the Spice Guru Vibrant Vegetable Masala Blend. Stir and cook for 2 – 3 minutes.
3. Add the 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.

## 19. Tarka Dahl

1 Tablespoon cooking oil  
[½ teaspoon mustard seeds – optional]  
1 Finely chopped small onion  
1 Small tin (100g) chopped tomatoes / 100g fresh tomatoes / ½ tablespoon tomato puree  
40g/2 heaped teaspoons Spice Guru Vibrant Vegetable Masala Blend  
150g Red lentils  
1 ½ Cups of water  
1oz Butter  
Chopped coriander to garnish

### Method

1. In a sauce pan cook the red lentils in 1 ½ cups of water until soft. [Ensure the water is ½ inch above the lentils].
2. In a separate sauce pan heat the oil [and the mustard seeds] and sauté the onions until brown.
3. Add the tomatoes and the Spice Guru Vibrant Vegetable Masala Blend. Stir and cook for 2 – 3 minutes.
4. Add the cooked lentils and cook on a low heat for 10 minutes.
5. Stir through the butter, garnish with coriander and serve.

## 20. Paneer Jalfrezi

2 Tablespoons 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  
1 green pepper sliced into ½ inch strips  
450g Paneer cubed  
½ - 1 cup water  
Chopped coriander to garnish

### Method

N.B. To prevent your paneer from crumbling, before adding it to the sauce, in a frying pan heat 1 tablespoon of cooking oil and brown lightly on all sides. If you do this before making the sauce transfer the paneer to a bowl and cover with hot water. This will help to keep the paneer soft and full until you're ready to use it. Drain before adding to the sauce.

1. Heat 1 tablespoon oil and lightly fry the green pepper to soften. Leave to one side.
2. Heat the remaining oil and sauté the onion until brown.
3. Add the tomatoes and the Spice Guru Vibrant Vegetable Masala Blend. Stir and cook for 2 – 3 minutes.
4. Add the paneer, mix thoroughly, cover and cook for 10 minutes on a medium heat, stirring occasionally.
5. 5 minutes before the end of cooking time add the green pepper and stir through. At this point if more sauce is required add ½ - 1 cup of water.
6. Garnish with coriander and serve.

## 21. Mushroom Dopiazza

1 Tablespoon oil  
1 Large onion: ½ finely chopped / ½ chopped into 1 inch wedges  
40g/2 heaped teaspoons Spice Guru Vibrant Vegetable Masala Blend  
3 Tablespoons natural yogurt  
450g Button mushrooms  
Chopped coriander to garnish

### Method

1. Heat 1 tablespoon oil and sauté the onion wedges until brown. Leave to one side.
2. Heat the remaining oil and sauté the finely chopped onion until brown.
3. Add the yogurt and Spice Guru Vibrant Vegetable Masala Blend. Stir and cook for 2 – 3 minutes.
4. Add mushrooms, mix thoroughly, cover and cook for 10 minutes on a low heat, stirring occasionally.
5. 5 minutes before the end of cooking time add the sautéed onion wedges and stir through.
6. Garnish with coriander and serve.

## 22. 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.

### **23. 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.

### **24. Potato and Aubergine Curry**

1 Tablespoon of cooking oil  
½ Large Aubergine cubed  
300g cubed potatoes  
40g/2 heaped teaspoons Spice Guru Vibrant Vegetable Masala Blend  
100g tinned chopped tomatoes / 100g fresh tomatoes / ½ tablespoon tomato puree  
1 cup water [optional]  
Coriander to garnish

#### Method

1. Heat the oil and add the potatoes, aubergine and Spice Guru Vibrant Vegetable Masala Blend. Mix thoroughly, cover and cook for 10 minutes.
2. Add the tomatoes, stir through, cover and cook on a low heat for a further 15 minutes, stirring occasionally.
3. Garnish with coriander and serve.

### **25. 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.

## 26. Paneer Saag

2 Tablespoons of cooking oil  
1 Finely chopped medium onion  
250g Paneer cubed  
200g Fresh spinach  
40g/2 heaped teaspoons Spice Guru Vibrant Vegetable Masala Blend

### Method

1. In a frying pan heat 1 tablespoon cooking oil. Add the paneer and lightly brown on all sides. Transfer to a bowl and cover with hot water.
2. Heat the remaining oil and sauté onions until translucent.
3. Drain the paneer and add to the onions along with the spinach and Spice Guru Vibrant Vegetable Masala Blend. Mix thoroughly, cover and cook on a low heat for 10 minutes, stirring occasionally.
4. Serve.

## 27. Muttar Paneer

2 Tablespoon cooking oil  
1 Finely chopped medium onion  
100g tinned chopped tomatoes / 100g fresh tomatoes / ½ tablespoon tomato puree  
40g/2 heaped teaspoons Spice Guru Vibrant Vegetable Masala Blend  
300g Paneer cubed  
150g peas  
½ - 1 Cup water  
Chopped coriander to garnish

### Method

1. In a frying pan heat 1 tablespoon cooking oil. Add the paneer and lightly brown on all sides. Transfer to a bowl and cover with hot water.
2. Heat the remaining oil and sauté the onions until brown.
3. Add the tomatoes and the Spice Guru Vibrant Vegetable Masala Blend. Stir and cook for 2 – 3 minutes.
4. Drain the paneer and add to the sauce along with the peas, mix thoroughly, cover and cook for 10 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.
5. Garnish with coriander and serve.

## 28. 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.

## Spice Guru Fabulous Fish Recipes

### 29. 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.

### 30. 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.

### 31. 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.

### 32. Chicken/Beef Madras

**Because a Madras traditionally has fenugreek as an ingredient, Our Spice Guru Fabulous Fish Masala Blend is perfect for creating this dish!**

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** Masala Blend  
Dry red chilli powder to taste  
450g Diced chicken fillets / beef  
½ - 1 Cup water  
Chopped coriander to garnish

#### Method

N.B. If you are cooking with beef, before adding to the sauce, in a separate frying pan heat 1 tablespoon cooking oil and seal the beef.

1. Heat the oil and sauté the onions until brown.
2. Add the tomatoes and the Spice Guru Magical **Fabulous Fish** Blend. Stir and cook for 2 – 3 minutes.
3. Add the chicken/beef, mix thoroughly, cover and cook for 20 minutes on a medium heat, stirring occasionally until the chicken/beef is cooked. 5 minutes before the end of cooking time add ½ - 1 cup of water if more sauce is required.
4. If you require your curry hotter add dry red chilli powder to taste.
5. Garnish with coriander and serve.

## A Few More Ideas...

### **(Curried Beans (serves 2 .33**

½ Tablespoon of cooking oil  
1 Finely chopped small onion  
415g Tin of baked beans  
40g Spice Guru Vibrant Vegetable Masala Blend

#### Method

1. Heat the oil and sauté onions until brown.
2. Add the tin of beans and Spice Guru Vibrant
3. Vegetable Masala Blend, stir and warm it through.
4. Serve it on toast or a jacket potato with a sprinkle
5. of cheese.

### **Spice Gurued Lasagne Meat .34**

Tablespoon of cooking oil 1  
finely chopped large onion 1  
pack (450 – 500g) Minced meat 1  
40g/ 2 heaped teaspoons Spice Guru Magical Meat Masala Blend  
Jar of tomato sauce for lasagne or 400g tin of chopped tomatoes 1

#### Method

1. In a frying pan heat the oil and sauté onions until brown.
2. Add the mince and the Spice Guru Magical Meat Masala Blend. Cook the meat thoroughly.
3. Add the tomato sauce, stir and heat through.
4. Now you are ready to make your lasagne!

### **35. Marinated Barbeque Bites**

To marinate 450g of meat, vegetables or fish mix together:

40g Preferred Spice Guru Masala Blend  
Heaped tablespoon of natural yogurt 1  
Tablespoon of tomato puree 1  
Tablespoon chopped coriander 1

Coat the meat/fish/vegetables in the marinade and your ready to barbeque! Alternatively, skewer your meat/fish/vegetables to make kebabs

.You can also oven cook or grill your marinated bites

### 36. Spice Guru Pasta Sauce

1 Tablespoon cooking oil  
1 finely chopped medium onion  
40g/2 heaped teaspoons of your preferred Spice Guru Masala Blend  
1 x 400g tin chopped tomatoes  
100g Chopped fresh tomatoes

#### Method

1. In a frying pan heat the oil and sauté the onion until translucent.
2. Add the tin of tomatoes and the Spice Guru Masala Blend. Stir and cook for 5 minutes.
3. Add the fresh tomatoes, mix thoroughly and cook for a further 5 minutes. If you want a looser sauce 2 minutes before the end of cooking time add ½ cup water.

This would be great with spaghetti and the meatballs made in **recipe number 14** above.