



# free tandoori recipe



## NEW Tasmanian made curry pastes!

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### 30 minute Butter Chicken

#### ingredients

- 1 large onion sliced
- 500g diced chicken thigh fillets
- 50g Island Curries Tandoori paste
- 1/2 can tomatoes or 2 tbs tom paste
- potato & pumpkin
- fresh coriander
- 1 tbsp butter pieces
- 2 tbs thick cream

#### method

Brown the onion with 1 tbsp oil in a hot pan. Add chicken and 50g Island Curries Tandoori paste and stir for about 10 minutes until cooked and simmering. Add chilli powder to taste (1/4 tsp = hot). Reduce heat adding the tomato, 1/2 cup coriander leaves 1 cup cubed potato/pumpkin & butter. Simmer gently for 20 mins. Add cream & stir. Serve with Basmati rice.

**Tip: if you're in a hurry, pre-heat the potato in microwave for 5 mins.**

### Super-fast Tandoori Chicken Kebabs

#### ingredients

- 1kg chicken thigh fillets cut into 3cm pieces
- 1 or 2 x 50g Island Curries Tandoori paste according to taste
- 2 tbsp natural Greek yoghurt
- chilli powder to taste (1/4 tsp = hot)

#### method

Mix Tandoori paste & yoghurt in a large bowl. Add chicken pieces, cover and place in the fridge for 4 hours to marinate. Thread 2-3 pieces of chicken onto each skewer. Brush a char grill pan or barbecue with oil to lightly grease and pre-heat to high. Cook kebabs 4-5 minutes, turning occasionally, until brown and cooked through. Transfer to a plate, cover with foil. Serve with baby papadums and mango chutney if desired.



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# free vindaloo recipe



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### Easy Vindaloo for Beef, Lamb or Chicken

#### ingredients

- 1 onion, diced
- 50g Island Curries Vindaloo paste
- 500g diced meat
- chilli to taste
- 1 can diced tomatoes
- 1/2 cup chopped coriander leaves
- 2-4 tbsp Greek yoghurt or coconut milk

#### method

Heat 1 tbsp oil in a pot. Add a diced onion and brown. Add 50g Island Curries Vindaloo paste, stir 3-4 minutes. Add 500 gm of diced meat, high heat, stirring for 10 mins. Add chilli powder to taste (1/4 tsp = hot) & 1 can of diced tomatoes. Add 1/2 cup fresh coriander leaves. Reduce heat to low and cook for 20 mins. Add 2-4 tbsp yoghurt or coconut milk, stir and simmer. Serve with Basmati rice (yoghurt may be served on the side).

### Island Curries Vindaloo

#### ingredients

- 1 tbsp canola oil
- 1 onion, diced
- 50g Island Curries Vindaloo paste
- 500g diced beef
- chilli to taste
- 1 can tomatoes
- 1/2 cup beans/peas
- 1 cm cubed potato
- fresh coriander
- Greek yoghurt

#### method

In hot pan, add 30ml oil and brown an onion thoroughly. On high heat, add 500g of trimmed, diced beef per 50g Island Curries Vindaloo Paste. Stir for approx. 10 mins. Add chilli powder to taste (1/4 tsp = hot). Reduce heat to low, add 1 can diced tomatoes, 1/2 cup 1cm cubed potato, 1/2 cup beans, peas and 1/2 cup coriander leaves, simmering slowly until cooked, simmer briefly. Serve with Basmati rice (yoghurt may be served on the side).



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