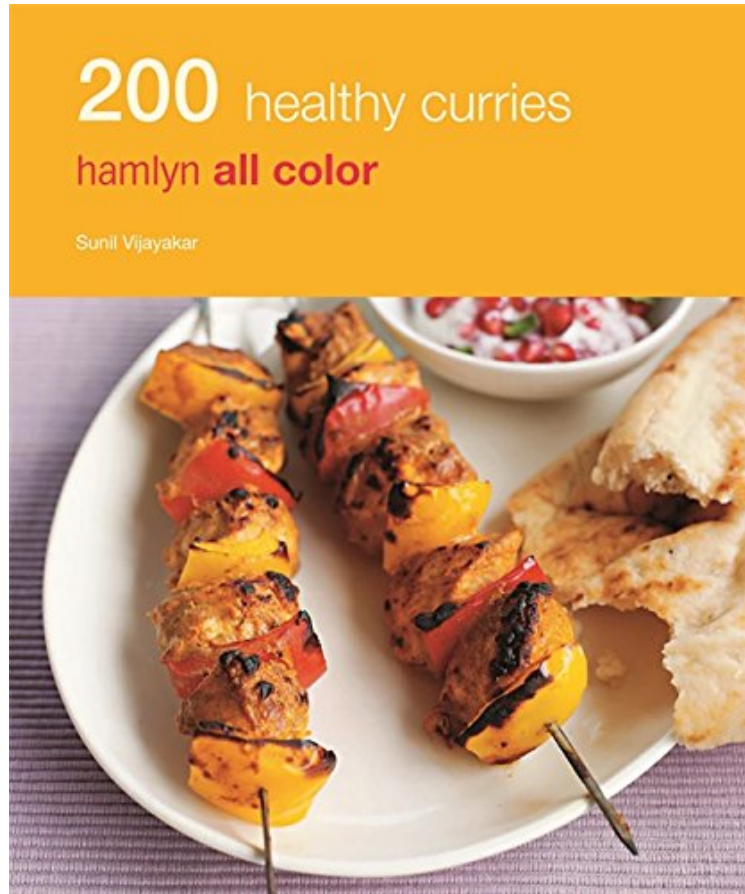


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200 Healthy Curries (Hamlyn All Color)

Sunil Vijayakar

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Sunil Vijayakar : 200 Healthy Curries (Hamlyn All Color) before purchasing it in order to gage whether or not it would be worth my time, and all praised 200 Healthy Curries (Hamlyn All Color):

Curries have long been a favorite in restaurants but it is also so easy to prepare spectacular, fragrant and exotic dishes at home which are far healthier than any takeout version. Focusing on divine combinations of spices and curry pastes to achieve maximum flavor, curries are a great way to increase your intake of healthy vegetables and lean protein while your meals remain delicious. With recipes including Monkfish Korma, Beef and Potato Madras, Balti Chicken, Lime Leaf and Cashew Nut Curry and Singaporean Seared Curried Scallops, you'll have inspiration from around the world and will never again run out of ideas to liven up your tastebuds with healthy dishes just bursting with flavor.

About the Author Sunil Vijayakar was born in Bombay, where, while working as a food stylist for the film industry, he founded a successful catering company. He is now based in London and specializes in preparing food for photography.

He has written a number of books including Hamlyn's successful *Fresh Indian* and contributes to many popular weekly and monthly publications.