



**The Skinny Slow Cooker Curry Recipe Book:
Delicious & Simple Low Calorie Curries From
Around The World Under 200, 300 & 400 Calories.
Perfect For Your Diet Fast Days.**

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#1 Amazon Best Selling Author

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Curry has become one of the most loved dishes in the world.

Hot, mild, fragrant, sweet or nutty, the choices are endless. The slow cooking process tenderises meat to make it melt in the mouth and the exotic mix of ingredients gives maximum flavour, filling your home with the incredible aroma of a Delhi spice market.

Inspiration for the curries in this book comes from around the world. They are all *easy to prepare, delicious low calorie recipes under 200, 300 & 400 calories* which will help you make healthy meals with the minimum of fuss and are the ideal companion to any calorie counted diet.

Using simple and inexpensive fresh ingredients, these recipes are packed full of flavour & goodness and prove that *Skinny can still mean Delicious!*

With over 70 recipes there is a curry to suit every taste, from the super-fiery to the family-friendly including, meat, seafood and vegetable dishes.

Recipes include:

Lamb Jalfrezi

Thai Basil Curry

Moroccan Lamb & Apricot Curry

Hot Spiced Creamy Beef Curry

Caribbean Beef Curry

Korean Beef & Potato Curry

Lemongrass & Pork Coconut Curry

Beef & Red Pepper Kofta Curry

Marrakesh Lime & Lamb Curry

St. Barts Pork Curry

Hot Bamboo Shoot Beef Curry

Beef Madras

Chicken Korma
Chicken & Soy Curry
Sweet Potato & Chicken Curry
Chicken Keema
Chicken & Mango Curry
Fresh Tomato & Basil Chicken Curry
'Butter' Chicken
Chicken Bhuna
Dhansak
Chicken Pasanda
King Prawn & Fresh Pea Curry
Thai Fish Curry
Ginger & Fresh Tomato Prawns
Mackerel Curry
Coconut Milk & Fish Curry
Pineapple & Prawn Curry
Aloo Gobi
Spinach & Paneer
Cumin & Spinach Potatoes
Onion & Egg Masala
Garlic Curry
Gobhi Coconut Curry

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From reader reviews:

Marcy Madison:

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Judy Bowen:

A lot of people always spent their free time to vacation as well as go to the outside with their family members or their friend. Do you know? Many a lot of people spent their free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity this is look different you can read any book. It is really fun in your case. If you enjoy the book which you read you can spend all day every day to reading a guide. The book The Skinny Slow Cooker Curry Recipe Book: Delicious & Simple Low Calorie Curries From Around The World Under 200, 300 & 400 Calories. Perfect For Your Diet Fast Days. it is quite good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. When you did not have enough space to create this book you can buy the actual e-book. You can moreover simply to read this book from your smart phone. The price is not too cover but this book provides high quality.

Gwendolyn Smith:

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Minnie Rivera:

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