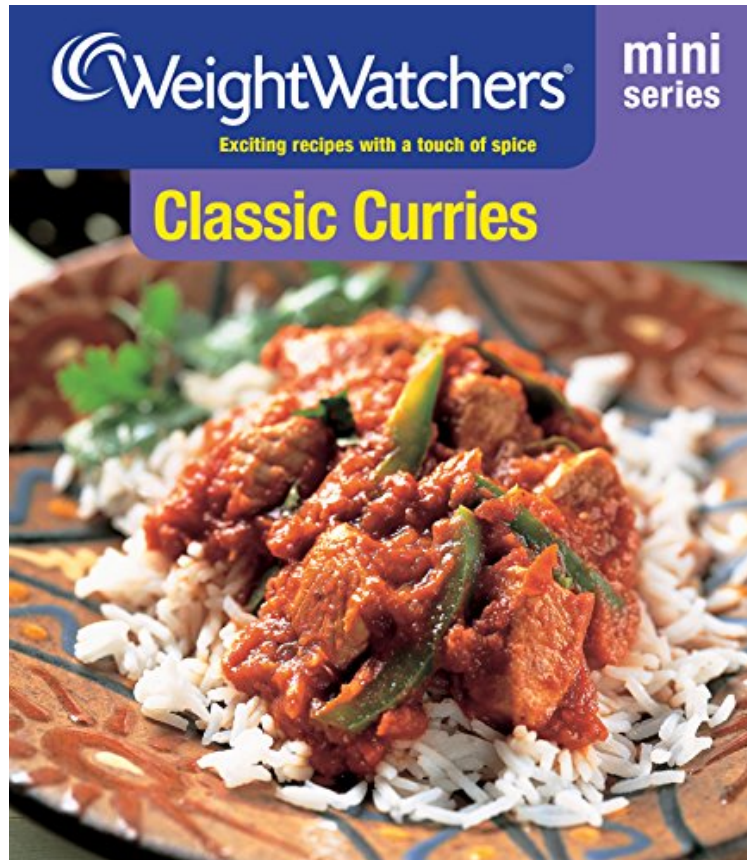


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before purchasing it in order to gage whether or not it would be worth my time, and all praised Weight Watchers Mini Series: Classic Curries: Exciting Recipes with a Touch of Spice:

Curry is Britain's favourite food and we can't seem to get enough of dishes such as Chicken Tikka Masala, Bombay Potatoes and Tandoori Prawns. You'll find these recipes, as well as a wider range of curries from across the globe, in this exciting collection of dishes with a spicy kick - all from the best of Weight Watchers cookbooks. Classic Curries is a healthy, lower calorie alternative to the takeaway menu and has everything from traditional accompaniments, such as naan and raita, to exotic puddings and ice creams. Many curries are vegetarian and there are tips on adding meat to various dishes to keep everyone happy! You'll find quick suppers and snacks that can be on the table in 30 minutes as well as slowly simmered stews for lazy weekend lunches. And these satisfying curries come with advice on heating up

or cooling down, according to your taste.