

Gurdwara Lunch

MAIN DISHES

- **Aloo Bhengan Masala**
Fresh baby aubergines cooked with potatoes and herbs.
- **Aloo Gobi**
Cauliflower and potatoes cooked with garlic, onions, herbs and spices.
- **Arbi Masala**
Taro root vegetable coated with Indian spice powders and an onion, ginger and garlic paste.
- **Bhengan Masala**
Fresh aubergine lightly fried in oil, seasoned and cooked in an onion and tomato gravy.
- **Chana Masala**
Chickpeas cooked with herbs and spices.
- **Kashmiri Dum Aloo**
Boiled baby potatoes cooked in a delicious gravy cooked over a very low flame in a sealed container.
- **Mixed Vegetable Makhani**
A selection of vegetables cooked in a garlic, onions, herbs and spices.
- **Palak Paneer / Aloo**
Cured cheese/potatoes and fresh spinach cooked in a spicy sauce.
- **Rajmah**
Kidney beans steamed with tomatoes, ginger, garlic, onions and spices.
- **Shahi Paneer**
Cottage cheese with single cream in a mild spicy sauce.
- **Tinda**
Baby pumpkin cooked in a spicy sauce.
- **Vegetable Kofta Curry**
Fresh vegetable balls fried and served in a special sauce.
- **Vegetable Red Curry**
Seasonal Southeast Asian vegetables in a traditional Thai Red Curry.
- **Amchuri Bhindi**
Okra cooked in a unique tang of amchur and chaat masala.
- **Aloo Gobi Mattar**
Cauliflower and potatoes with peas cooked with garlic, onions, herbs and spices.
- **Bombay Aloo**
Baby potatoes cooked in tomatoes and seasoned with mustard seeds.
- **Bhindi Masala**
Fresh okra cooked with herbs and spices, onions, garlic, ginger and coriander.
- **Daal Makhani**
Black lentils and kidney beans cooked in a spicy gravy sauce with butter and cream.
- **Mattar Paneer**
Cottage cheese and peas cooked with fresh ginger, garlic, onions and coriander.
- **Palak Daal**
Classic daal infused with spinach.
- **Palak Sweetcorn / Mushrooms**
Freshly cooked sweetcorn and mushroom served with spinach.
- **Royal Jeera Aloo**
Baby potatoes tossed in cumin seeds.
- **Stir Fried Vegetables**
A selection of vegetables stir fried in a spicy herb sauce.
- **Vegetable Green Curry**
Seasonal Southeast Asian vegetables in a traditional Thai Green Curry.
- **Vegetable Korma**
A very mild dish which is cooked with fresh vegetables, cream and ground almond.
- **Aloo Chana**
Chickpeas cooked with potatoes, herbs and spices.
- **Aloo Mattar Curry**
Green peas and potatoes cooked in a traditional spicy sauce.
- **Bombay Mushroom Masala**
Fried mushrooms, mixed in a tomato based tarka.
- **Chana Daal with Tinda**
Split chickpeas with Indian baby pumpkin cooked in a spicy sauce.
- **Daal Tarka**
Split chickpea and red split lentil slowly cooked with herbs and spices.
- **Mixed Daal**
A selection of lentils cooked with herbs and spices.
- **Palak Kofta**
Fresh vegetable balls fried and served with spinach.
- **Paneer Bhurji**
Cottage cheese dipped in batter and deep fried.
- **Shahi Bhengan Bhartha**
Aubergines baked in a tandoor, cooked with onions and spices.
- **Stuffed Karela**
Bitter gourd stuffed with a mixture of many Indian herbs and spices.
- **Vegetable Jalfrezi**
Fresh mixed vegetables stir-fried with chopped tomatoes, bell peppers, ginger, garlic, onion, herb and spices.
- **Vegetable Noodles**
Fresh vegetables boiled, then stir fried with noodles.

www.masalacreations.com

Masala Creations

Unit 17D Dominion Industrial Estate
Dominion Road, Southall, London, UB2 5DP

Call us:

020 8606 8996

Email Us:

sales@masalacreations.com

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COMPANY NO: 8316569

VAT NUMBER: 156849956

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RAITA

- Aloo Raita**
Yoghurt made with small boiled potatoes.
- Bhalla Raita**
Yoghurt made with lentil mixture balls.
- Bhundi Raita**
Yoghurt with bhundi (small yellow balls) made from gram flour and fried.
- Carrot & Onion Raita**
Yoghurt with shredded carrots and chopped onion.
- Cucumber Raita**
Natural yoghurt served with grated cucumber.
- Cucumber & Jeera Raita**
Yoghurt with cumin seeds and pieces of grated cucumber.
- Cucumber & Onion Raita**
Yoghurt served with onion and grated cucumber.
- Cucumber & Tomato Raita**
Yoghurt with fresh pieces of tomatoes and grated cucumbers.
- Plain Raita**
Plain yoghurt.

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