

# HOT BUTTERY



## Curry night

Ditch the takeaway and try Vini & Bal's curry sauces, 300 cals or less and serving 2. Empty sachet into a pan, add meat or veg and simmer. Done! **Jeera, Shahi, Tharka, Makani or Fiery Mirchi.** £3 each, [viniandbals.com](http://viniandbals.com).