Samosa

500g (about 3) sebago (brushed) potatoes, peeled

20g ghee

1 long fresh green chilli, deseeded, finely chopped

2 teaspoons cumin seeds

2 teaspoons black mustard seeds

1 teaspoon turmeric

1/4 teaspoon chilli powder

1 tablespoon fresh lemon juice

1/4 cup chopped fresh coriander

4 sheets (25 x 25cm) ready-rolled frozen puff pastry, just thawed

Vegetable oil, to deep fry

Biryani

1 1/2 tablespoons ghee

1 teaspoon cumin seeds

1 cinnamon stick

10 fresh curry leaves

1 large brown onion, halved, thinly sliced

3 garlic cloves, crushed

3cm piece fresh ginger, finely chopped

1 tablespoon finely chopped coriander root and stem

1 long red fresh chilli, finely chopped

3 teaspoons garam masala

1 1/2 teaspoons turmeric

230g (2 cups) sweet potato, coarsely grated

200g (1 cup) SunRice basmati rice

375ml (1 1/2 cups) vegetable stock

4 eggs

Finely chopped tomato (optional), to serve

Fried curry leaves (optional), to serve

Low-fat Greek yoghurt (optional), to serve

Chicken Tikka

2 tablespoons Coles Greek Style Yoghurt

1/2 cup tandoori paste

2 tablespoons lemon juice

500g chicken thigh fillets, cut into 4cm cubes

8 metal skewers, from the pantry

1/2 teaspoon ground cumin

1/2 small red onion, thinly sliced

3 medium field tomatoes cut into large chunks

1 lemon cut into 4 wedges

1/2 teaspoon cayenne pepper

1/4 bunch coriander, leaves only

2 tablespoons olive oil