

9th October

Panas Gurkha on Lee High Road wins at London Asian Food Awards

By Jessica Taylor | [JessTaylor1993](#)

Community news reporter for Lewisham



Bandana, Sushila and Sujan at the awards ceremony.



3 comments

A Nepalese restaurant owner from Lee “has not stopped smiling” since the curry house scooped yet another award on Monday night.

Panas Gurkha on Lee High Road, run by Sujan Katuwal and his wife Bandana, took home the Best Nepalese Restaurant title at the London Asian Food Awards 2019.

The win comes months after the restaurant stormed the London Curry Awards, bagging Best Nepalese Restaurant and Best South East London Restaurant titles.

Speaking to News Shopper after his latest win, Mr Katuwal said: “It’s mind blowing.

“I cannot ask for more from my customers – they are so caring and supportive.”

Mr and Mrs Katuwal opened Panas Gurkha in 2011 after years of training with esteemed India chef Atul Kochhar.

“We’re not a multi-million pound company but me and my wife worked hard and saved our hard

earned money,” Mr Katuwal told News Shopper in July.

When he found out he was nominated for the London Asian Food Awards, Mr Katuwal decided to invite his mum, Sushila, along to the ceremony.

“She’s visiting us from Nepal at the moment for Diwali.

“I didn’t see her face when we won the award, but she told me she cried when our name was announced.”

Mr Katuwal said he has a lot to thank his mum for and is inspired by her brilliant cooking skills when he creates his dishes.

“Lots of the dishes on the menu come from my Mum’s creations.

“One day I asked her to tell me about things she used to make. She advised me not to use much spice but gave me some recipes.

“My Mum has inspired me. I still take advice from her,” he told News Shopper.

Since the win, Mr Katuwal has noted how important his customers are in supporting the restaurant.

In fact, he was in such a good mood after the win that he offered free starters to all tables in Panas Gurkha on Tuesday night.

“They are so supportive. We love being part of the community.”