

As co-founder of Licious, India's most disruptive consumer brand in the meat and seafood category, Abhay leads operations, brand strategy, quality assurance and product innovation with relentless zeal and energy. Fusing his passion for food with disciplined processes and purpose, Abhay is committed to elevating the entire meat and seafood ecosystem.

Prior to pivoting his professional focus from finance to food, Abhay established a thriving career at insurance brokerage firm Futurisk. He was among the youngest fellows in the Indian Institute of insurance.

Following his accomplishments in the insurance sector, Abhay applied his affection for complex and intricate food concoctions—he was awarded top honors in the MasterChef India's CEO chapter—to his professional efforts and co-found Licious with longtime friend Vivek Gupta in 2015.

Abhay's entrepreneurial drive is evidenced by the numerous awards he's received in recent years. These honors include Ernst & Young Entrepreneur of the Year finalist (2022), GQ 40 Under 40 (2021), Economic Times 40 Under 40 (2021), GQ 50 Most Influential Indians (2018), Business World 40 Most Disruptive Entrepreneurs (2019), Fortune India 40 Under 40 – India's Youngest & Brightest Entrepreneurs (2019), and Economic Times Most Promising Asian Business Leaders (2019).

When he's not leveraging his left brain to bring innovation to the table, Abhay enjoys entertaining friends with his stand-up comedy talents.



