

THE DIABETES COOKBOOK 2014



A DELICIOUS **DIABETES.CO.UK** COOKBOOK
BIG BREAKFASTS · LIGHT LUNCHES · HEARTY DINNERS · REFRESHING DESSERTS



2014 Cookbook

Introduction

Welcome to the Diabetes.co.uk Diabetes Cookbook for 2014.

What a selection of dishes I have got in store for you! There's a fantastically healthy selection of breakfasts including an Omega Seed Starter, Chia Wonder and a Spinach Surrender.

For your lunches you need to look no further as we have prepared sumptuous soups and salads, as well as Lamb Kebabs and Chicken Stir Fry. For your dinners we have an array of delectable dishes, including Tandoori Chicken, Ginger-Garlic Chicken and Thai Style Tuna. In terms of desserts, we have a feast of treats for you, from ice creams and sorbets through to Crème Caramel and a divine Raspberry Panna Cotta!

You'll find handy tips and information about key ingredients within each recipe. We've tried to include foods that have been linked to positive benefits for people with diabetes. We want you to have the healthiest year ever!

I hope you enjoy making the dishes as much as I did!

Love,

Shanta

Don't forget to share a picture of your own dishes on our [Facebook page](#) and on the [Diabetes Forum](#)!



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Omega Seed Starter

Serves 4

- 100g quinoa
- 100ml water
- 300ml fresh almond milk
- ½ tsp. vanilla essence
- Splash of lemon juice
- ½ tbsp. coconut oil
- 1 tbsp. honey
- ¼ tsp. cinnamon
- 2 tbsp. omega seeds

Omega seeds contain the omega-3 essential fatty acids which are good for our health as they help reduce cholesterol levels, maintain healthy arteries and help your blood flow smoothly.

The sunflower seeds and especially pumpkin seeds found in Omega seeds contain zinc which helps keep your immune system healthy.

So all in all a very healthy addition to any breakfast!

Preparation Method

Put the milk in a pan with the water and quinoa. Then bring the pan to the boil, simmering for 15 minutes.

Add in the vanilla essence, lemon juice, coconut oil, honey and cinnamon.

Spoon the mixture into breakfast bowls. Top with omega seeds and tuck in!

Nutritional value per serving

Calories: 220 | Total fat: 15g | Saturated Fat: 5g | Carbohydrate: 34g | Protein: 5.8g | Fibre: 3.5g



Blueberry Breakfast

Serves 4

- 150g quinoa
- 400ml semi skimmed milk
- 100ml water
- 1 tsp. pure vanilla essence
- ½ tsp. ground cinnamon
- 200g cup blueberries
- 30g walnuts, chopped, optional

Quinoa (pronounced “keen-wah”) is so incredibly versatile, used in breakfasts, lunches and dinners.

Here it has been combined with delicious blueberries and wonderful walnuts to give you a healthy start to the day!

Preparation Method

Place the quinoa, milk and water in a pan and boil together. Then simmer for 15 minutes.

Combine the cooked quinoa, vanilla essence and cinnamon together.

Divide the quinoa mixture into four breakfast bowls. Top with blueberries and walnuts and enjoy!

Nutritional value per serving

Calories: 210 | Total fat: 16g | Saturated Fat: 6g | Carbohydrate: 33g | Protein: 6.1g | Fibre: 4.2g



Chia Delight

Serves 4

50g chia seeds

200ml almond milk, unsweetened

100ml water

100g quinoa

½ tbsp. raw cacao powder

Stevia to sweeten

Chia seeds are excellent for health and wellbeing as they are high in Omega-3 Fatty Acids great for reducing inflammation, improving cognitive functioning and lower cholesterol. They are also high in fibre which lowers inflammation and cholesterol and antioxidants which help protect the body from free radicals, aging and cancer.

Preparation Method

Put the milk, quinoa and water in a pan and bring to the boil. Allow the mixture to simmer for 15 minutes.

Mix the cooked quinoa, chia seeds, cacao powder and Stevia together.

Serve in breakfast bowls, with a garnish of fruit and nuts of your choice and enjoy!

Nutritional value per serving

Calories: 215 | Total fat: 15.5g | Saturated Fat: 5g | Carbohydrate: 32g | Protein: 5.9g | Fibre: 4g



Walnut Wonder

Serves 4

150g quinoa

300ml semi skimmed milk

150ml water

2 tsp. pure vanilla essence

½ tsp. ground cinnamon

50g walnuts, chopped

This quinoa based breakfast is high in protein and very easy to digest. It also has a low glycaemic index as well as being high in dietary fibre.

The walnuts pack in so much goodness as they are high in protein, vitamins, omega 3 fatty acids, trace minerals, lecithin and oils.

Preparation Method

Boil the milk, quinoa and water in a saucepan. Then simmer for 15 minutes.

Combine the cooked quinoa, cinnamon and vanilla essence together.

Divide the quinoa mixture into four breakfast bowls. Top with walnuts and enjoy!

Nutritional value per serving

Calories: 260 | Total fat: 17g | Saturated Fat: 7g | Carbohydrate: 34g | Protein: 6g | Fibre: 3.8g



Lemon and Almond Pancakes

Serves 4

180g almond flour

1 tsp. baking powder

1 tsp. sweetener

2 eggs

60ml of water

Juice of a whole lemon

½ tsp. salt

Lemon and Almond pancakes are a great low carb, low fat start to the day.

They use low carb almond flour, are easy to make and are most delicious.

Preparation Method

Put the almond flour, baking powder, eggs, water and salt into a bowl and mix well until all the ingredients form a smooth batter.

Heat a non stick frying pan over a medium heat with a little oil.

Add a ladle of batter. When you can see the top of the pancake bubble, turn it over and cook the other side.

Both sides should be golden brown in colour.

Nutritional value per serving

Calories 160 | Total Fat: 11.2g | Saturated Fat 1.0g | Carbohydrates 3.6 | Fibre 1.9g | Protein: 5.5g



Mushroom Surprise

Serves 2

- 2 Portobello mushrooms
- 1 tsp. garlic, finely chopped
- 1 tbsp. cheddar cheese, finely grated
- 1 tsp. dried thyme or rosemary
- 4 tsp. olive oil
- 2 large eggs
- Salt and pepper to taste

This dish makes for a filling breakfast. It is a low carb, low fat healthy delight.

Preparation Method

Preheat the oven to 200°C/Gas Mark 6.

Place the mushrooms on a baking tray lined with foil.

Sprinkle the mushrooms with the garlic, salt and pepper to taste.

Bake for up to 10 minutes or until tender.

In the mean time, whisk the eggs in a bowl and flavour with salt and pepper to taste.

Heat the olive oil in a frying pan and over a low to medium heat and



Preparation Method (cont)

cook the egg. Stir gently while cooking until the egg has cooked through and set.

When the mushrooms are cooked, spoon half of the egg mixture over each mushroom. Sprinkle with cheese and the thyme/rosemary.

Serve immediately.

Nutritional value per serving

Calories 135 | Total Fat 5g | Saturated Fat 2.5g | Carbohydrate 10g | Fibre 2.8g | Protein 10.5g



Spinach Surrender

Serves 4

4 eggs

75g grated cheddar cheese

2 slices of ham cut into small pieces

284g fresh spinach, finely chopped

Spinach Surrender is a very straightforward dish to make. It is a low carb, verdant delight.

Preparation Method

Preheat oven to 200°C/Gas Mark 6

Place everything together in a bowl and mix well.

Place in an ovenproof flat dish.

Bake in the preheated oven for 25 minutes.

Remove dish from oven and allow to cool before cutting in to 4 slices.

Serve with a salad of your choice.

Nutritional value per serving

Calories: 210 | Total Fat: 13.5g | Saturated fat 9.0 | Carbohydrate 4.2g | Fibre 1.0 | Protein 16.9g



Scrambled Egg & Sausage

Serves 4

4 large eggs

2 ½ tbsp. milk

400g of pork sausage, sliced thinly

½ tbsp. olive oil

This is a take on the classic English breakfast.

Instead of cooking the sausages and the eggs separately, I have combined them for a quick and easy meal, bursting with flavour.

Preparation Method

Put the oil in a heated griddle pan. Brown the sausage pieces.

Whisk the eggs and milk together.

Then add this mixture to the sausage.

Place on to a serving plate and enjoy!

Nutritional value per serving

Calories: 260 | Total Fat: 18.3g | Saturated Fat: 6g | Carbohydrates: 16.2g | Fibre: 0g | Protein: 22.2g



Berry Smoothie

Serves 1

100 ml of skimmed milk

100g of blueberries

50ml of low fat plain yogurt

2 tsp. sweetener

2 tsp. vanilla extract

You will find this Blueberry Smoothie most delicious.

This Blueberry Smoothie is bursting with flavour and taste.

Preparation Method

Whizz all the ingredients in a blender.

The smoothie is now ready to serve and enjoy.

Nutritional value per serving

Calories: 120 | Total Fat: 1.5g | Saturated Fat: 0.1g | Carbohydrates: 23.0g | Fibre: 3.0g | Protein: 6.2g



Strawberry and Quinoa Glory

Serves 8

50g quinoa

150ml water

200g strawberries

300ml semi skimmed milk

2 tsp. sweetener

½ tsp. vanilla essence

This quick and easy to make smoothie makes for a wonderful start to the day.

Preparation Method

Add 150ml of water to the quinoa and boil for approximately 15 minutes.

Remove from the hob and place aside.

Blend the milk, quinoa, sweetener, vanilla essence and strawberries until they are totally smooth.

Serve in a tall glass.

Nutritional value per serving

Calories 210 | Total Fat 2.4g | Saturated Fat 0.5g | Carbohydrate 15.2g | Fibre 3.4g | Protein 6.2g



Butternut Squash Soup

Serves 8

400g butternut squash, peeled diced

1 carrot, peeled and diced

A small onion, finely chopped

A celery stalk, finely chopped

750ml vegetable stock

2 garlic cloves, finely chopped

100ml skimmed milk

Salt and freshly ground pepper

Butternut squash is a great addition for any diet as it is high in fibre which aids digestion. Butternut squash is also great for blood sugar regulation.

Preparation Method

Combine the butternut squash, carrot, celery, onion, garlic and vegetable stock in a big pan and bring to the boil.

Then lower the heat and simmer for about 40 minutes, until the squash softens. Add the milk into the mixture and puree the soup in a blender.

Add salt and pepper to taste and relish!

Nutritional value per serving

Calories: 60 | Total fat: 0.3g | Saturated Fat: 0g | Carbohydrate: 12g | Protein: 3g | Fibre: 2.7g



Watercress Soup with Pancetta

Serves 8

- 150g watercress
- 2 rashers of pancetta or other bacon
- 20g butter
- 1 small potato, peeled, washed and diced
- 2 cloves of garlic, peeled and finely chopped
- 1 litre vegetable stock
- 1 tbsp. olive oil

This soup is packed with nutrients and full of great flavours.

Watercress is a great, vibrant ingredient for inclusion to any soup.

It is best to cook the watercress lightly in order to retain the wonderful flavour of its peppery leaves as well as its colour.

Preparation Method

Place the butter and olive oil in a pan with the onions and cook over a medium heat until the onions have softened.

Add the potato, stock and garlic in the onion mixture.

Simmer the mixture for approx. 10 minutes, until the potatoes have softened.

Blend the soup to a fine consistency.

Fry the pancetta lightly and cut into small pieces.



Preparation Method (cont)

Put the watercress in the mixture.

Remove the soup from the heat.

Put into a blender and blend until the soup is a fine consistency.

Heat through before serving.

Add the pancetta prior to serving.

Nutritional value per serving

Calories 200 | Total fat 12.6g | Saturated Fat 3.8g | Carbohydrates 13g | Fibre 2.0g | Protein 25.3g



Tomato Soup

Serves 2

- 1-1.25kg ripe tomatoes
- 1 medium onion
- 2 cloves of garlic
- 1 large carrot
- 2 celery sticks
- 2 tbsp. olive oil
- 2 tsp. tomato purée
- 2 bay leaves
- 1.2 litres hot vegetable stock
- Fresh basil to garnish

This is one of the most amazing tomato soups you will come across and totally adaptable to your taste buds, if you like a bit of heat you can add in a pinch of cayenne pepper, add some basil when the soup is simmering and the aromas will summon the whole family to the kitchen. What's more, this soup can be made in batches and frozen for up to three months.

Preparation Method

Firstly, prepare your vegetables. Wash the tomatoes and cut each one into quarters slicing off any hard cores.

Peel the onion, garlic and carrot and chop them into small pieces. Chop the celery into roughly the same size pieces.

Add the olive oil into a large heavy-based pan and heat it over a low heat. Add the onion, garlic, carrot and celery.



Preparation Method (cont)

Gently cook for approximately 10 minutes until the vegetables are softened.

To the vegetables, add the tomato purée, tomatoes and black pepper.

Add the bay leaves and leave to simmer on a low heat for approximately 10 minutes until everything shrinks down in the pan and the juices are flowing.

Stir frequently until the vegetables are thoroughly mixed together.

Slowly pour in the hot stock.

Turn up the heat and let the mixture bubble, then turn the heat down to low.

Replace the lid and cook gently for a further 23-30 minutes stir the soup every 5 minutes or so to stop it sticking to the bottom of the pan and to keep the heat evenly distributed.

When cooked, turn the heat off, give the soup a good and remove all of the bay leaves.

Slowly pour the mixture into a blender and blitz until smooth.

Serve with a sprinkling of torn basil leaves.

Nutritional value per serving

Calories 123 | Total fat 7g | Saturated fat 1g | Carbohydrate 13g | Protein 4g | Fibre 4g



Prawn and Asparagus Salad

Serves 4

400g asparagus, woody stems removed

220g cooked king prawns

80ml extra virgin olive oil

1 garlic clove, finely chopped

1 tbsp. fresh parsley, finely chopped

Juice of 1 lemon

Salt and black pepper to taste

This salad makes for a light lunch or supper.

It is low in carb and fat as well as being high in protein.

Preparation Method

Boil some water in a medium sized pan.

Boil the asparagus for 3 minutes and drain off excess water.

Put the prawns in the boiling water for 30 seconds.

Place the prawns in a large bowl.

Slice the asparagus spears and place in the bowl with the prawns.

Add the remaining ingredients and mix together.

Nutritional value per serving

Calories 320 | Total Fat 10.1g | Saturated Fat 3.2g | Carbohydrates 15.4g | Fibre 4.5g | Protein 20.1g



Hot Smoked Salmon Salad

Serves 2

4 salmon steaks, hot smoked and skinned

100g new potatoes, cooked and chopped (use celeriac if you are on a very low carb diet)

100g asparagus tips

2 tsp. parsley, finely chopped

2 tsp. mint leaves, finely chopped

2 spring onions, chopped

70g radishes

1½ tbsp. lemon juice

75ml olive oil

This dish is a real delicacy.

It is a perfect combination of sumptuous smoked salmon and delicate celeriac, asparagus and herbs.

Preparation Method

Boil some water in a medium sized pan.

Boil the potatoes until cooked.

Place the asparagus tips in the water for 2 minutes towards the end.

Drain the water and wait for the potatoes and asparagus to cool.



Preparation Method (cont)

Combine the potatoes, asparagus, parsley, mint, spring onions and radishes.

Place the asparagus, celeriac, salad, onions, radishes and herbs in a big bowl.

Mix the lemon juice and olive oil to make a dressing.

Drizzle two thirds of the dressing onto the salad mixture and mix well.

Spread onto a large flat dish.

Then break the salmon onto this mixture and sprinkle with the chopped onions.

For the final touch, drizzle with the rest of the dressing.

Nutritional value per serving

Calories 300 | Total Fat 19.5g | Saturated Fat 3.5g | Carbohydrates 13.5g | Fibre 2.1g | Protein 21.7g



Quinoa and Halloumi Salad

Serves 1

- 6 sun roasted tomatoes
- 3 tbsp. olive oil
- 1 small red onion, thinly sliced
- 2 tsp. red wine vinegar
- 5g ground cumin
- 200g sliced halloumi
- 85g quinoa

The nutritional values in this recipe seem a little on the high side particularly the calorie content and the amount of fat. This is due to the addition of the halloumi so although it tastes delicious with the other ingredients, if you are looking to lose weight, you might want to leave it out!

Preparation Method

Cook the quinoa according to the instructions on the packet, drain well and place into a bowl.

Add the cumin, red onion red wine vinegar, sun roasted tomatoes and olive oil.

In a griddle pan cook the halloumi until it is soft.

Place the halloumi on top of the quinoa on a plate and serve immediately.

Nutritional value per serving

Calories 1351 | Total fat 97.3g | Saturated fat 10.5g | Carbohydrate 13.3g | Protein 11.5g | Fibre: 4.8g



Chick Peas

Serves 4

300g chick peas, washed and drained

1 medium onion, finely chopped

6 garlic cloves, finely chopped

200g canned tomatoes, finely chopped

2 tsp. ginger, finely chopped

½ tsp. turmeric powder

2 tsp. ground coriander

½ tsp. garam masala

½ tsp. green chilli, chopped

1 tbsp. vegetable oil

250ml boiling water

1 tsp. amchoor powder
(powder of green unripe mangoes)

Salt to taste

Preparation Method

Put the vegetable oil in a large pan on a medium heat.

Add your onions, stirring every minute or so until they are brown.

Fry for around five minutes until the mixture becomes a rich golden color.

Add the garlic and ginger and stir.

Add the tomatoes, chilli, turmeric, coriander powder, amchoor powder and salt and cook for around 5 minutes.



Preparation Method (cont)

Add the washed, drained chick peas and boiling water. Mix and cover.

Serve with freshly chopped coriander.

Chickpeas are an Indian staple and would be an excellent addition to anyone's diet.

Chickpeas have been studied in relation to blood sugar control.

One research study found that it took just one week of consuming chickpeas to see a significant improvement in blood sugar control and insulin secretion.

Nutritional value per serving

Calories 220 | Total fat 2g | Saturated Fat 0.5g | Carbohydrate 35g | Protein 4g | Fibre 8.5g



Lamb Kebabs and Green Salsa

Serves 4

For the kebabs

400g minced lamb

2 tsp. garlic, peeled and finely chopped

2 tsp. ginger, peeled and finely chopped

1 large onion, peeled and finely chopped

2 tsp. ground coriander

2 tsp. ground cumin

¼ tsp. ground black pepper

1 tbsp. fresh coriander, finely chopped

4 metal skewers

Salt to taste

For the verdant salsa

3 spring onions, chopped

1 tbsp. olive oil

4 tomatoes, chopped roughly

1 tbsp. olives of your choice, without stones

1 bunch of coriander, chopped

1 bunch of parsley, chopped

Juice and grated rind of a lemon

Salt to taste

Preparation Method

Mix the mince, onion, ginger, garlic, coriander, cumin, pepper and salt



Preparation Method (cont)

in a mixing bowl until well blended.

Then form 16 balls.

Put each ball around the tip of a metal skewer and flatten slightly.

Place the meatballs on a baking sheet and cover, then refrigerate them for an hour.

Place all the salsa ingredients a bowl and mix together.

Cook the skewered lamb kebabs under a preheated grill, turning every now and again, until the lamb is cooked through.

This will take around 15 minutes or so.

Serve hot with the salsa.

This dish is widely eaten throughout the Middle East and is highly popular throughout the UK.

Lamb kebabs are one of the most ordered dishes in Middle Eastern restaurants and takeaways in Britain.

Nutritional value per serving

Calories 180 | Total Fat 11.2g | Saturated Fat 4.0g | Carbohydrates 7.9g | Fibre 1.0g | Protein 12.9g



Low Carb Caesar Salad

Serves 4

1 large head of romaine lettuce,
roughly torn

400g of diced, cooked, skinless
chicken breast

100g freshly grated parmesan
cheese

120ml low-fat plain yoghurt

2 tbsp. fresh lemon juice

2 tsp. olive oil

1 tsp. Dijon mustard

2 cloves of garlic, finely
chopped

1 tbsp. olive oil

50g stale bread cubes

Salt and freshly ground pep-
per to season

Preparation Method

Heat a griddle pan on low heat and add the olive oil.

Place the bread cubes in it and sauté.

Once the bread cubes are golden brown, season to taste.

Allow to cool.

Place the Romaine lettuce in a large bowl.

Put the chicken and croutons in it and sprinkle the cheese on top.

Combine the yoghurt, lemon juice, olive oil, Dijon mustard and garlic



Preparation Method (cont)

then mix well.

Then drizzle the dressing on to the salad.

Toss gently until combined.

Season to taste with freshly ground black pepper.

Caesar Salads are notorious for being high in fat due to their creamy dressings and fat laden croutons. They can also be high in carbs. This Caesar Salad is low fat and low carb, using home made croutons.

Nutritional value per serving

Calories 200 | Total Fat 4.8g | Saturated Fat 2.5g | Carbohydrates 22.5g | Fibre 2.6g | Protein 20.1g



Chicken Stir Fry

Serves 4

- 340g chicken breast, skinned and diced
- 2 tbsp. low salt teriyaki sauce
- 2 tbsp. dark soy sauce
- 1 stick of celery, cut diagonally
- 2 medium carrots, sliced into thin juliennes
- 100g of red cabbage, shredded
- 200g canned water chestnuts, drained and sliced
- 2 tsp. of garlic, finely chopped
- 1 tbsp. sesame oil
- 1 tbsp. of vegetable oil

This chicken dish is easy to make and healthy, yet combines some wonderful Eastern flavours.

It is low in calories and carbohydrates, whilst being high in protein.

Preparation Method

Heat a pan on medium heat.

Place the tablespoon of vegetable oil in the pan and seal the chicken, ensuring it is white all around.

This will take approximately 5 minutes.



Preparation Method (cont)

Drain the chicken onto some kitchen roll on a plate and

Combine chicken and 1 tablespoon teriyaki sauce in a bowl; stir well.

Allow to stand for 20 minutes.

In a wok, heat the sesame oil on a medium-high heat and add the garlic, celery and carrot.

Stir fry for a minute. Then stir in the water chestnuts and cabbage.

Add the chicken and stir fry for two minutes.

Add the teriyaki sauce and fry for another minute.

The dish is now ready to serve.

Nutritional value per serving

Calories 169 | Total fat 2.5g | Saturated Fat 0.6g | Carbohydrates 12g | Protein 20.5g | Fibre 1.6g



Winter Vegetable Chilli

Serves 2

- 1 x 400g tin of chopped tomato
- 1 tbsp. tomato purée
- 2 tbsp. olive oil
- 2 cloves of garlic, crushed
- 1 leek, sliced
- 70g carrots, chopped
- 75g celeriac, diced
- 1 red onion, sliced
- 80g swede, diced
- 60g celery, chopped
- 1 bay leaf
- 1 tsp. ground cumin
- 1 x 400g tin of kidney beans or mixed beans

This is a lovely dish to serve up after a long day at work. You can add some chili or a pinch of cayenne pepper if you want to add a little spice.

Preparation Method

Boil the carrots, celeriac and swede in salted water for 15 minutes to soften the vegetables.



Preparation Method (cont)

To a frying pan over a medium heat, add the onion, garlic, leek and celery and fry until soft but not brown.

Transfer the parboiled vegetables and onion mix into a casserole dish.

Add the tomato purée, can of tomatoes, bay leaf and cumin.

Allow to simmer for approximately 30 minutes.

To the casserole dish add the tin of drained and rinsed beans leave to simmer for a further 15 minutes.

Serve immediately to warmed bowls.

Nutritional value per serving

Calories 489 | Total fat 30.8g | Saturated fat 4g | Carbohydrate 29.9g | Protein 4.95g | Fibre 7.2g



Potato-less Shepherd's Pie

Serves 2

200g lean steak mince (substitute for Quorn Mince if vegetarian)

1 tbsp. olive oil

1 clove of garlic

160g frozen peas

1 beef stock cube

3 carrots

½ swede, diced

Preparation Method

Turn on the oven to 175°C/Gas Mark 3.

Cook off the garlic in a large pan with the olive oil.

Add the mince and brown it off, crumble over the stock cube and allow to simmer to thoroughly cook the beef.

In another pan boil the diced swede and carrots. Once soft strain and mash.

Add the peas to the mince before turning out the mixture into a small roasting dish, cover with the mashed carrot and swede and bake in the



Preparation Method (cont)

oven for 25 minutes until the mash starts to crisp up.

Serve piping hot with some vegetables for a perfect winter warmer.

Nutritional value per serving

Calories 546 | Total fat 26.9g | Saturated fat 10.5g | Carbohydrate 23.4g | Protein 47.2g | Fibre 4.1g



Fish Pie

Serves 2

2 tbsp. olive oil

1 onion, finely chopped

2 cloves of garlic

1x 400g tin of chopped tomatoes

½ tsp. cinnamon

½ tsp. ground ginger

Salt and pepper

120g salmon

140g smoked haddock

For the mash

25g butter

300g celeriac

300g carrots

Salt and pepper

Preparation Method

Turn on the oven to 175°C/Gas Mark 3.

Chop the celeriac and carrots and boil in salted water until soft. This will take approximately 30 minutes.

Strain and mash adding the butter, salt and pepper to taste.

Put the fish into a saucepan with just enough water to cover it.

Boil the fish for approximately 5 minutes on a medium heat.



Preparation Method (cont)

The fish should become opaque and flake easily.

Drain the fish and place in a bowl.

In the saucepan, add the oil onion and garlic, sauté for 10 minutes on a medium heat.

Return the cooked fish the saucepan with the onions and garlic, adding the tin of chopped tomatoes, the cinnamon, ginger and half the salt and pepper.

Simmer on a medium heat to allow the flavours to infuse.

Place the mixture in a small roasting tin and cover with the mash.

Cook in the oven for 20 minutes until the mash crunches up.

Serve with a side of vegetables, a green salad or on its own.

Nutritional value per serving

Calories 409 | Total fat 20.3g | Saturated fat 3.5g | Carbohydrate 20.5g | Protein 19g | Fibre: 2.6g



Tandoori Chicken

Serves 4

- 4 skinless chicken thighs
- Juice of 2 lemons
- 210ml plain yogurt
- 2 red onions, finely chopped
- 2 tsp. finely chopped ginger
- 4 garlic cloves, finely chopped
- 4 tsp. tandoori masala powder
- ½ tsp. garam masala
- ½ tsp. ground cumin
- ¼ tsp. turmeric
- 1 chilli, finely chopped
- 1 tbsp. vegetable oil

Tandoori chicken is a national favourite.

Traditionally, this dish would be cooked in a tandoor, a special clay oven. However, for this recipe a conventional oven will suffice!

This tandoori chicken recipe can be adapted to your taste buds and your spice threshold.

Preparation Method

Turn on the oven at 200°C or gas mark 6.

Place the oil in a pan on medium heat and seal the chicken, ensuring it is white all over. This will take approximately 5 minutes.

Set it aside on to some kitchen roll on a plate.



Preparation Method (cont)

Then mix the lemon juice, tandoori masala powder and red onions in a large shallow dish.

Mix up all of the other ingredients and add the sealed chicken to the mixture.

Cover and chill for an hour. If you have time, leave the chicken to marinate over night, the longer the chicken marinates for, the tastier it will be.

Place the entire mixture in to an ovenproof dish and cook for half an hour.

Serve with some fresh coriander.

Nutritional value per serving

Calories: 171 | Total fat: 7g | Saturated Fat: 3.5g | Carbohydrate: 5g | Protein: 24g | Fibre: 0g



Ginger Garlic Chicken

Serves 4

- 4 boneless, skinless chicken breasts
- 4 tsp. light soya sauce
- 6 tbsp. water
- 3 tsp. freshly chopped ginger
- 4 garlic cloves, finely chopped
- 1 tbsp. vegetable oil
- Freshly ground black pepper to taste

Who says you need to miss out on Indian classics if you have diabetes?

This ginger garlic chicken dish is low fat, low carb, yet high in protein.

It is an extremely tasty, yet healthy dish.

Preparation Method

Preheat oven at 200°C or gas mark 6.

Place the oil in a pan on medium heat and seal the chicken, ensuring it is white all around. This will take up to 5 minutes.

Then mix the ginger, garlic, soya and water together in a bowl.

Next pour the mixture onto the chicken breasts, ensuring that the mixture goes over and under the chicken.

Place in tin foil, ground black pepper to taste.



Preparation Method (cont)

Place the foil wraps in a Pyrex dish or other oven proof dish.

Cook in the oven for around 20 minutes

Serve the chicken and cover with the juices it has been cooking in.

Enjoy with a side of salad.

Nutritional value per serving

Calories: 197 | Total fat: 4.8g | Saturated Fat: 0.5g | Carbohydrate: 11g | Protein: 28g | Fibre: 2.9g



Homemade Lamb Burgers

Serves 4

- 500g lamb mince
- 1 onion, finely chopped
- 4 cloves garlic, finely chopped
- 3 tsp. parsley, finely chopped
- 3 tsp. mint leaves, finely chopped
- Salt and pepper to taste

These lamb burgers can be prepared the night before for lunch or dinner.

Preparation Method

Place the lamb mince in a mixing bowl.

Add the onions, garlic, mint, parsley, salt and pepper to the mince as well as salt and pepper to taste.

Then divide the mixture into 8 and shape each portion into round burgers.

Place on a hot barbecue or under the grill and cook each burger for around 8-10 minutes.

Turn regularly until cooked to your taste.

Nutritional value per serving

Calories 220 | Total Fat 17.1g | Saturated Fat 6.2g | Carbohydrates 4.0g | Fibre 1.0g | Protein 22.0g



Sausage & Butter Bean Stew

Serves 6

- 2 tbsp. olive oil
- 5 rasher of smoked bacon cut in to 1cm strips
- 2 red onions, chopped
- 3 large garlic cloves, crushed
- 6 large pork sausages
- 450g uncooked chorizo sausage, sliced
- 1 litre chicken stock
- 400g can of cooked butter beans
- 2 tbsp. tomato purée
- Black pepper
- 6 tbsp. chopped flat leaf parsley

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Preparation Method

Turn on the oven to 150°C/Gas Mark 2.



Preparation Method (cont)

Fry off the bacon and chorizo in a pan with half of the olive oil, add the onion and garlic and cook until golden.

Transfer to a 2.5 litre casserole dish or slow cooker.

Meanwhile cook the sausages in the oven for 20 minutes until golden but not brown and crispy.

Cut each sausage into 4 chunks and add to the casserole dish.

Add to the casserole dish the butter beans, tomato purée, stock, pepper and chili if required.

Stir to allow all the flavours to infuse and put in the oven for 25 minutes.

Serve with a sprinkle of parsley.

Nutritional value per serving

Calories 642 | Total fat 34g | Saturated fat 65g | Carbohydrate 26.1g | Protein 55.7g | Fibre: 10.2g



Cajun-Spiced Chicken Drumsticks

Serves 4

8 chicken drumsticks

5 tsp. Cajun seasoning

2½ tbsp. olive oil

1 small white onion, finely diced

Juice of 1 lime

Freshly ground black pepper to season

These Cajun-spiced chicken drumsticks combine various flavours. You can adapt this recipe by swapping the chicken drumsticks for turkey. You can also increase the amount of spice in it by adding ½ tsp. of cayenne pepper.

Preparation Method

First you need to make the Cajun marinade by combining Cajun seasoning, oil, onion and lime juice in a ceramic dish.

Season with pepper.

Then wash the chicken drumsticks and pat dry with a paper towel.

Add the drumsticks to the marinade and make sure all of them are coated all over.

Cover with cling film and leave in the fridge for at least 2 hours.

Cook on the barbecue, turning frequently and basting with extra mari-



Preparation Method (cont)

nade.

Check the chicken is cooked through and none of the meat is pink in the middle, this should take around 15 minutes.

Nutritional value per serving

Calories 280 | Total fat 17.3g | Saturated fat 7.2g | Carbohydrates 13.0g | Fibre 1.2g | Protein 18.0g



Thai Style Tuna with Fennel

Serves 2

4 tuna steaks, about 140g each
2 fennel bulbs, thickly sliced lengthways
2 tbsp. extra virgin olive oil
Salt and pepper to taste

To make the marinade

125ml extra virgin oil
4 finely chopped garlic cloves
4 fresh red chillies, deseeded and finely chopped
Juice and zest of 2 lemons
4 tbsp. finely chopped fresh flat-leaf parsley

Preparation Method

Whisk all the marinade ingredients together in a small bowl. Put the tuna steaks in a large, shallow dish and spoon over 4 tablespoons of the marinade, turning until well coated. Cover and leave to marinate in the refrigerator for at least 30 minutes. Keep the remaining marinade for later.

Heat a ridged griddle pan over a high heat. Put the fennel in the pan covering with the oil. Cook it for 5 minutes on each side until just beginning to colour. Transfer to 4 warmed serving plates and keep warm.

Add the tuna steaks to the griddle pan and cook, turning once, for 4-5 minutes until firm to touch but still moist inside.



Preparation Method (cont)

Place the tuna on top of the fennel on each serving plate and drizzle with the reserved marinade.

Nutritional value per serving

Calories 330 | Total fat 9.4g | Saturated fat 6g | Carbohydrate 12.9g | Protein 32.9g | Fibre: 5.9g



Fennel with Pan Seared Salmon

Serves 4

4 salmon fillets, approx. 200g each, skinned

2 small fennel bulbs, cut into ½ inch wedges

1 large red onion, peeled and sliced finely

200g cherry tomatoes

6 cloves garlic, peeled and chopped finely

2 sprigs of fresh thyme

1 tbsp. extra virgin olive oil

½ a medium sized lemon

Salt and freshly ground pepper

The crunchy fennel provides a fabulous texture to this tomato based salsa.

You get a slightly sour taste from the tomato salsa which complements the sweetness of the seared salmon.

Preparation Method

Heat the oven on 200°C/Gas Mark 6.

Place the fennel, garlic, onion, tomatoes, thyme and garlic in a roasting



Preparation Method (cont)

pan, along with salt and freshly ground pepper to taste as well as the oil. Roast for 20 minutes.

Make space for the salmon in the centre.

Squeeze the two lemon halves over the salmon and Sprinkle with the remainder of the salt and pepper.

Return the roasting pan to the oven and roast for another 10 minutes.

Serve straight away.

Nutritional value per serving

Calories 290 | Total Fat 20g | Saturated Fat 3g | Carbohydrate 3g | Fibre 0.1g | Protein 22g



Vanilla Ice Cream

Serves 4

- 300ml full fat milk
- 4 medium egg yolks
- 1 tbsp. sweetener
- 150ml double cream
- 1 vanilla pod

This vanilla icecream is a lower carb take on the average vanilla icecream. An additional bonus is that you do not need an ice cream maker to make it.

This dish is packed with the wonderful flavours from the milk, cream, egg yolks and vanilla pod!

Preparation Method

Place the milk, cream, sweetener and vanilla pod in a saucepan. Heat gently, stirring throughout, until the sweetener has dissolved. Then bring this mixture slowly to the boil.

Beat the egg yolks in a bowl. Pour the boiling milk on to the egg yolks slowly and steadily, whisking throughout. Remove the vanilla pod before straining the vanilla custard into a used ice cream tub. Set aside to cool. Put the lid on the container and freeze overnight. Prior to serving, leave the ice cream out at room temperature for 10 minutes.

Serve with berries of your choice and enjoy!

Nutritional value per serving

Calories: 226 | Total fat: 21g | Saturated Fat: 12g | Carbohydrate: 6g | Protein: 8.3g | Fibre: 1g



Date & Carob Ice Cream

Serves 4

150g stoned and pitted dates

400 ml water

2 tbsp. olive oil

30g carob pieces

2 tsp. vanilla essence

125g soya cream

The combination of the dates and carob gives this ice cream a rich flavour and silky consistency.

It goes really well with the vanilla ice cream in this cookbook.

Preparation Method

Soak your dates overnight. Place all the ingredients in a blender and whizz.

Then place the mixture in the freezer compartment of a fridge for a minimum of 4 hours, stirring frequently.

Scoop out on to a platter and dress with passion fruit coulis and unsweetened chocolate shavings.

Your dessert is now ready to enjoy!

Nutritional value per serving

Calories: 247 | Total fat: 14.5g | Saturated Fat: 2.1g | Carbohydrate: 28g | Protein: 1.8g | Fibre: 3.3g



Lemon Sorbet

Serves 2

80g cream cheese

2 lemons, halved and the insides cut out

2 tbsp. lemon juice

4 tsp. Stevia

200g whipped cream

Lemon sorbet is a deliciously cool treat.

Whether your preference is light and tart, or sweet and creamy, this dessert is bound to be a hit with lemon-lovers everywhere.

Preparation Method

Mix the cream cheese, lemon juice and sweetener together.

Fold the cream in gently.

Then transfer to the halved lemons and freeze until firm.

The dessert is now ready to relish!

Nutritional value per serving

Calories: 482 | Total fat: 35g | Saturated Fat: 2g | Carbohydrate: 28g | Protein: 1.8g | Fibre: 3.3g



Crème Caramel

Serves 2

150ml full fat milk

1 egg

1 tbsp. corn flour

2 tsp. sweetener

A vanilla pod with seeds

1 tsp. vanilla extract

50g raspberries to garnish

Crème caramel means caramel custard. It is a custard dessert with a layer of soft caramel on top.

It is smooth and silky to taste. This recipe is also sugar free and low in carbs!

Preparation Method

Place all the ingredients apart from the raspberries in a small saucepan and whisk until totally smooth.

Bring the milk mixture to the boil for a minute, stirring throughout to ensure that there are no lumps. Pour this mixture into two dessert bowls and refrigerate for at least an hour.

Serve cold with raspberries for a delectable dessert!

Nutritional value per serving

Calories: 117 | Total fat: 10g | Saturated Fat: 5g | Carbohydrate: 13g | Protein: 5.5g | Fibre: 1.5g



Chocolate and Orange Mousse

Serves 4

80g unsweetened dark chocolate

200ml skimmed milk

2 free range eggs, separated

25g of melted butter

2 tsp. agave nectar

1 tbsp. juice of orange

The mention of Chocolate and Orange Mousse is music to the ears of most chocolate lovers.

Dark chocolate is combined here with fresh orange, eggs and milk for a delectable yet easy to make dessert

Preparation Method

Place the chocolate and milk together in a medium sized saucepan and heat the mixture over a medium heat until the chocolate has melted.

Mix the egg yolks, melted butter and chocolate together. Whisk the egg whites and sugar together separately until the mixture is stiff and shiny.

Fold the two mixtures together with the juice of an orange. Divide the final mixture into 4 glasses, chill and serve.

Nutritional value per serving

Calories: 270 | Total fat: 19.5g | Saturated Fat: 9.4g | Carbohydrate: 19.6g | Protein: 5.5g | Fibre: 1.7g



Creamy Berry Treat

Serves 4

- 180g blueberries
- 120g raisins
- 180g raspberries
- 400ml thick cream, whipped
- 2 tbsp. raspberry coulis
- 180g blackberries

This dessert is so simple to make yet extremely tasty.

It combines lots of fruit and cream, swirled through with a fruit coulis, for a delicious dish!

Preparation Method

Put the blueberries and raisins in a dessert bowl until they are around a third full.

Spoon on the whipped cream and layer on the raspberries.

Combine the fruit coulis with the remaining cream for a marbled effect and pour onto the raspberries. Top with blackberries and sprigs of mint.

Nutritional value per serving

Calories: 469 | Total fat: 38g | Saturated Fat: 23g | Carbohydrate: 21g | Protein: 3g | Fibre: 11g



Blackberry, Chocolate & Coconut Scones

Serves 12

200g spelt flour	1 tbsp. honey
200g almond flour	100ml unsweetened apple juice
Pinch of fine sea salt	100ml coconut oil, melted
2 tsp. baking powder	4 tbsp. unsweetened almond milk
½ tsp. baking soda	1 tsp. pure vanilla
100g non dairy dark chocolate chips	200g black berries
1 tbsp. stevia	100g desiccated coconut

Preparation Method

Preheat oven to Gas Mark 5 or 190°C.

Mix the dry ingredients, including chocolate chips, in a bowl and stir thoroughly.

Combine the wet ingredients, stirring well and spoon onto a parchment lined baking sheet.

Gently press the blackberries into the mixture. Bake for 20 minutes. Cool for a few minutes. Then put on a wire rack to cool some more.

Nutritional value per serving

Calories: 299 | Total fat: 23.3g | Saturated Fat: 11g | Carbohydrate: 20g | Protein: 7.2g | Fibre: 9.5g



Vanilla Cheesecake

Serves 12

Biscuit Base

150g digestive biscuits

2 tsp. sweetener

50g butter

3 free range eggs

1 egg white

1 tsp. vanilla extract

50g double cream

Filling

500g full fat cream cheese

3 tsp. sweetener

1.5 tbsp. plain flour

Garnish

Unsweetened dark chocolate shavings

Raspberry coulis

Preparation Method

Preheat oven to Gas Mark 8 or 230°C

For the biscuit base, mix together the base ingredients. Press the base mixture into a loose bottomed 7-inch cake tin.

For the filling beat the cream cheese, the sweetener and flour in a bowl until it is well mixed. Then add in eggs and egg yolk and beat until the mixture is smooth. Add the vanilla extract and cream, mixing thoroughly.

Once the mixture is blended thoroughly, pour on to the biscuit base and bake for 10 minutes at Gas Mark 8 or 230°C.



Preparation Method (cont)

Then turn the oven down to Gas Mark 2 or 150°C and bake for a further 45 minutes. Turn the oven off and leave the cheesecake in the oven for another 45 minutes. This cheesecake needs to be slightly firm to touch when done.

Allow to cool for 30 minutes before refrigerating for at least 4 hours prior to serving.

Garnish with dark unsweetened chocolate shavings and raspberry coulis and tuck in!

Nutritional value per serving

Calories 355 | Total Fat 32g | Saturated Fat 19g | Total Carbohydrates 20g | Fibre 0.0g | Protein 8g



Crème Brûlée

Serves 2

- 400g double cream
- 1 tbsp. Stevia
- 2 tsp. vanilla essence
- 4 egg yolks

Topping

- 1 tbsp. butter
- 2 tsp. Stevia

Crème brûlée, is a custard with a hardened caramel top. It is an internationally renowned and eaten dish.

Our version is low carb and uses no sugar.

Preparation Method

Heat the cream, however, ensure it does not boil. Put the egg yolks in a bowl and add the tablespoon of Stevia.

Whisk the cream into the egg yolks and Stevia. Pour into 4 ramekins and bake for 25-30 minutes.

Check every 5 minutes to ensure that they are done. Place on topping ingredients and grill until a lovely golden brown colour.

Once slightly cooled your dish is ready to serve!

Nutritional value per serving

Calories 500 | Total Fat 45g | Saturated Fat 19g | Total Carbohydrates 10g | Fibre 0.1g | Protein 6g



Raspberry Panna Cotta

Serves 2

50ml cold water

50ml boiling water

1.5 tsp. unsweetened vegetarian gelatine powder

400g double cream

2 tsp. vanilla extract

2 tbsp. Stevia

100g raspberries

Pana Cotta is Italian for “cooked cream”.

This pana cotta is straightforward to make, whilst being utterly delicious served with raspberries and a simple fruit coulis.

Preparation Method

Sprinkle the gelatine powder on the cold water and allow it to soften for a couple of minutes.

Then add the boiling water and stir until the gelatine completely dissolves

Mix the dissolved gelatine with the remainder of the ingredients, stirring thoroughly. Taste the mixture and change flavours to your liking.

Pour the mixture into 4 small glasses and chill. This should take 3 to 4 hours till totally set.

Top with raspberries and your dish is ready to tuck in to!

Nutritional value per serving

Calories 336 | Total Fat 35g | Saturated Fat 19g | Total Carbohydrates 3g | Fibre 0.1g | Protein 6g



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