

INDIAN HOME COOKING



A DELICIOUS DIABETES.CO.UK COOKBOOK



Indian Home Cooking for Diabetes

Introduction

This book is a compilation of various recipes I have learnt, experimented with and grown to relish over the last thirty years.

My interest in Indian cooking was inspired by my husband wanting to enjoy fresh, tasty yet healthy dishes on a daily basis. Indeed it was hubby who taught me to cook Chicken Tikka Masala and Lamb Jalfrezi many years ago.

My love for Indian cooking grew when I learnt many of the vegetarian recipes in this e-book from my mother in law; to both of them I remain indebted.

Through a recent period of recovering from a broken ankle I changed my diet to an organic, low calorie and low carbohydrate one.

These recipes reflect how I altered many traditional recipes to more healthy ones, suitable for those who wish to adapt a low calorie, low carb diet, without the sacrifice of delicious food.

I hope you enjoy them as much as I enjoyed cooking them all.

Love Shanta x

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



The Diabetes Indian Delights Cookbook

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The Diabetes Indian Delights Cookbook

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We hope you enjoy eating these recipes as much as we enjoyed making them!



Health Benefits of Indian Spices and Herbs

Ginger

Ginger is an aid to digestion and relieves stomach pain, nausea, diarrhoea, morning sickness and travel sickness.

The spice's high level of gingerol gives it a tangy flavour and its well known anti-inflammatory effects in the body. Ginger's anti-inflammatory properties also provide pain relief in multiple ways, research has found that it can help anything from stopping migraines to easing the pains of arthritis.



Ginger is also known to boost the immune-system, improving general health and wellbeing.



Health Benefits of Indian Spices and Herbs

Chilli

Chillies contain a health enhancing alkaloid compound in them, known as capsaicin, which gives them their strong, spicy, pungent taste.

Early laboratory studies on experimental mammals suggest that capsaicin has anti-bacterial, anti-carcinogenic, analgesic and anti-diabetic properties. It was also found to lower LDL cholesterol levels in obese individuals.



Fresh chillies, red or green, are a great source of vitamin-C; 100g fresh chillies provide about 143.7mcg or about 240 per cent of recommended daily Amount (RDA).

Vitamin C is a water-soluble antioxidant and is needed for the synthesis of collagen in the body. Collagen is the key structural protein in the body necessary for maintaining the integrity of blood vessels, skin, organs, and bones. Regular consumption of Vitamin C rich foods assists the body by boosting immunity and eliminating harmful, pro-inflammatory free radicals from the body.

Chillies also contain a good amount of minerals like potassium, manganese, iron, and magnesium. Potassium is an important component of cell and body fluids that helps control heart rate and blood pressure.



Health Benefits of Indian Spices and Herbs

Garlic

Garlic can be used for many purposes.

Garlic is considered to have antibiotic and blood cleansing properties. It is best to use garlic in your food chopped up or crushed. Garlic is also good for cardiovascular Health and reducing high LDL cholesterol.



Garlic contains antioxidants and anti-bacterial agents.

Clinical trials, published in the Journal of Hypertension, highlighted that that the blood pressure of volunteers went down by between one and five per cent after taking garlic supplements.

This may not necessarily sound like a lot but this slight reduction can lower the likelihood of a stroke by 30 to 40 per cent and heart disease by between 20 and 25 per cent.



Health Benefits of Indian Spices and Herbs

Garam masala

Garam masala is a combination of dry spices used in various Indian dishes.

“Garam” means hot and “masala” means mixture of spices. Usually garam masala contains cinnamon, cumin, coriander seeds, black pepper, nutmeg and bay leaves.



Each of these spices has important medicinal properties.

Cinnamon is an anti-microbial and anti-inflammatory ingredient which enhances brain functionality and helps to control blood sugar.

Cumin is rich in iron, great for food digestion and is anti-carcinogenic.

Coriander can aid in the control of blood sugar for diabetics, as it is considered to be good for controlling cholesterol in the body.



Health Benefits of Indian Spices and Herbs

Tumeric

Tumeric has been used in India for over 2,500 years. Curcumin is the active ingredient in turmeric.

It has been long renowned for its anti-inflammatory properties. It also has benefits for ailments and diseases ranging from cancer to Alzheimer's disease.



Turmeric is a natural antiseptic and antibacterial agent, useful for disinfecting cuts and burns. Tumeric is a natural liver detoxifier.

It is a strong natural anti-inflammatory which works as well as various anti-inflammatory drugs minus any side effects. Due to its inflammatory properties, turmeric is a natural treatment for arthritis and rheumatoid arthritis.

Turmeric is a natural painkiller. It speeds up wound healing, helps regenerate damaged skin and aids the process of repairing broken bones.

Turmeric has also traditionally been used in Chinese medicine for treating depression.

It should be noted that turmeric ought not to be used by people with gallstones or bile obstruction.



Health Benefits of Indian Spices and Herbs

Coriander

The herb coriander is widely used in Indian cooking as a condiment, as well as to flavour and garnish dishes.

Coriander leaves are a great source of; calcium, folic acid, iron, magnesium, potassium and riboflavin.



Coriander seeds are used in certain parts of the world for the treatment of insomnia and anxiety due to its mild sedative effects.

Its powder form is utilized as a natural medicine for the treatment of panic attacks, depression and other psychological and emotional disorders. Coriander is also deemed to be good for your memory.

The coriander leaves have natural anti-histamines. Coriander juice can be used as an application for the treatment of allergies and skin diseases like eczema and fungal infections; it is also effective in reducing allergic reactions such as hay fever.

Coriander can also be used to regulate insulin levels, lower cholesterol, treat haemorrhoids and other vein disorders, improve libido, relieve headaches and prevent water retention.

Although coriander has multiple health benefits, coriander seeds may trigger allergic reactions in certain individuals.



Health Benefits of Indian Spices and Herbs

Onion

Onions are a great source of vitamin C, B6, biotin, chromium, calcium and dietary fibre.

They also contain healthy amounts of folic acid and vitamin B1 and K. A 100 gram serving has 1.4 grams of fibre.



Onions also contain flavonoids, pigments which colour vegetables. Flavonoids are antioxidants; they have an anti-tumour effect on the body and boost the immune system. Onions contain a sizeable amount of sulphur and are extremely good for your liver. Being a sulphur food, onions are best mixed with proteins, as they stimulate the action of the amino acids within the brain and nervous system.

Quercetin, an antioxidant found in onions, has properties which enable the thinning of blood, the lowering of cholesterol and the increasing of good-type HDL cholesterol. It can help to ward off blood clots, combat asthma, chronic bronchitis, hay fever, diabetes, atherosclerosis, infections and stomach cancer.

Onions are also anti-inflammatory, antibiotic, antiviral and anti-cancer.

Prescribing onions for heart patients is not common amongst cardiologists. However, Harvard's Dr. Victor Gurewich advises all his patients with coronary heart disease to include onions in their daily diet.



Health Benefits of Indian Ingredients

Lentils

In India, Daal is eaten at any meal time as part of the staple diet.

Daal is a dish that is made up of lentils and is extremely versatile. So, they can be flavoured to individual tastes and what ever happens to be in the cupboard.



Lentils are high in protein which is essential for tissue and muscle repair and growth. They are also beneficial in managing blood-sugar disorders as they have high levels of soluble fibre which prevent blood sugar levels from rising rapidly after a meal, enabling energy levels to remain stable throughout the day.

In addition, lentils are good for a healthy heart as they can prevent heart coronary problems. The fibre in lentils helps lower blood cholesterol levels and plaque forming on the artery walls, thus reducing the risk of stroke or other cardiovascular diseases.

Lentils come in a variety of colours and types from Black, Brown, Green, Red and White depending on whether they have been washed or if they are bought with the skin on. Generally the health benefits are similar with slightly different concentrations of the different nutrients.

In this cook book we have included a range of different daal recipes with different types of lentils.



Health Benefits of Indian Ingredients

Chickpeas

Chickpeas, also known as garbanzo beans, are a great source of protein and soluble fibre.

Chickpeas are a staple in the Indian diet and are quite often eaten daily throughout the year. Just two to three tablespoons of chick peas constitute one portion of your daily recommended five portions of fruit and veg.



There is now direct evidence that has shown that the inclusion of chickpeas in the diet is linked to greater hunger satisfaction and the consumption of less processed foods.

Chick peas are also high in fibre, particularly insoluble fibre, which is slow to digest and does not impact blood sugar levels as much as some other foods, so, energy levels remain stable throughout the day. Additionally, insoluble fibre supports the health of the large intestines and the colon, potentially reducing the risk of colon cancer.

Finally, chickpeas are also high in immune system boosting vitamins and minerals which enable our cells and organs to function properly.



Masoor Daal (Red Lentils)

Serves 6

- 100g red lentils, rinsed
- 1 medium onion, finely chopped
- 4 garlic cloves, finely chopped
- 1 tsp. ginger, finely chopped
- 2 tsp. fresh coriander, finely chopped
- 1 tsp. turmeric powder
- 100g tomatoes, finely chopped
- 1 tbsp. vegetable oil
- 1.2 litres boiling water
- Salt to taste

Preparation Method

Put the vegetable oil on medium heat.

Once it is hot, add the onion, ginger and garlic. Stir every minute or so, until the onions are brown, this should take around 5 minutes.

Next, add the finely chopped half a tin of tomatoes.

Add the spices, salt and water. Allow everything to cook for a few minutes.

Red lentils or masoor daal are highly popular throughout India, being part of the staple diet there.

They have grown in popularity in the UK over the past decade.

Lentils, much like soups, are very hearty and filling, so they do not need necessarily to be eaten with anything else.

Nonetheless, steamed or boiled cauliflower goes very well with these lentils if you wish to have a more substantial dish.



Preparation Method (cont.)

In a separate medium pot with the boiling water, add the rinsed lentils.

Bring this mixture to the boil.

Add the tomato mixture to the lentils and water.

Keep the lid slightly ajar and allow the lentils to simmer for approximately 30 minutes, until the lentils are tender.

If the lentils need to be cooked any more, do so, checking its consistency.

Add more water to the daal should you need to.

Serve with fresh chopped coriander.

Nutritional value per serving

Calories: 205 | Total fat: 8g | Saturated Fat: 5g | Carbohydrate: 25g | Protein: 10g | Fibre: 9g



Mung Daal (Mung Lentils)

Serves 6

- 100g mung daal
- 1 small onion, finely chopped
- 5 garlic cloves, finely chopped
- 3 tsp. ginger, finely chopped
- 2 tsp. fresh coriander, finely chopped
- 1 tsp. turmeric powder
- 100g chopped tomatoes, finely chopped
- 1 tbsp. vegetable oil
- 1.4l water
- Salt to taste

Mung daal is very popular in Northern India.

This type of lentils is available as whole beans or split beans.

Mung daal is very filling.

These lentils can become a more substantial meal accompanied by boiled floret vegetables or carrots.

Preparation Method

Wash the lentils thoroughly and place in a medium sized pan.

Add the water.

Bring to boil, removing any froth and scum that rises to the top.

In a separate pan, add the oil and onions and fry until golden brown. Then add tomatoes and ginger, garlic, coriander and turmeric.



Preparation Method (cont.)

Place this mixture into the liquid daal.

Add salt to taste.

Place the lid on the pan ajar and simmer on low heat for around one and a half hours, stirring once in a while.

Using a pressure cooker to cook the daal is a lot quicker, with the daal being cooked in 20 minutes.

If you are using a pressure cooker, give yourself at least ten minutes after the hissing has stopped before you take the lid off the pressure cooker.

The dish is now ready to serve.

Nutritional value per serving

Calories: 200 | Total fat: 2g | Saturated Fat: 1g | Carbohydrate: 20g | Protein: 7g | Fibre: 6g



Mot Daal (Mot Lentils)

Serves 6

- 100g mot daal
- 1 small onion, finely chopped
- 4 garlic cloves, finely chopped
- 3 tsp. ginger, finely chopped
- 3 tsp. fresh coriander, finely chopped
- 1 tsp. turmeric powder
- 2 tbsp. vegetable oil
- 100g canned tomatoes, finely chopped
- 1.4 litres water
- 1 tbsp. vegetable oil
- Salt to taste

Mot daal is very popular throughout India and is part of the staple diet of many Indians.

Mot lentils make for a delicious, hearty meal.

This type of lentil can be made more substantial accompanied by steamed boiled carrots or any other vegetable of your choice.

Preparation Method

Wash the lentils thoroughly. Place them in a medium sized pan and add the water.

Bring to boil, removing any froth or scum that forms at the top.

In a separate frying pan, add the vegetable oil.

Fry the onion until golden brown. Add the ginger and garlic and cook for a minute.



Preparation Method (cont.)

Add the tomatoes, coriander and turmeric.

Place the tomato based mixture in the lentils.

Leave the lid ajar and simmer on low heat for one and a half hours, stirring once in a while.

If you are using a pressure cooker, cook for 20 minutes once the pressure cooker starts to hiss, and give yourself at least ten minutes after the hissing has stopped before you take the lid off the pressure cooker.

When the lentils are cooked through, add salt.

Garnish with chopped coriander and serve!

Nutritional value per serving

Calories: 150 | Total fat: 5g | Saturated Fat: 14g | Carbohydrate: 21g | Protein: 5.3g | Fibre: 6g



Toor Daal (Toor Lentils)

Serves 6

100g toor daal, washed thoroughly and drained

½ tsp. turmeric

2 tsp. ginger, finely chopped

2 tsp. fresh coriander, finely chopped

7 cherry or similar sized tomatoes, finely chopped

1 tsp. brown sugar

2 tbsp. lemon juice

1.4 litres water

¼ tsp. whole fenugreek seeds

2 tsp. whole black mustard seeds

½ tsp. whole cumin seeds

2 dried red chillies, whole

1 tbsp. vegetable oil

Salt to taste

Toor daal or Toor lentils is a wonderfully aromatic dish, with a tangy sweet and sour flavour.

Toor Daal is bursting with flavour and is made even more delicious served with steamed or boiled green beans.

Preparation Method

Place the daal, ginger, coriander, turmeric in a large pan.



Preparation Method (cont.)

Cover with 750ml of water and bring this to boil. Cover partly, leaving lid slightly off and simmer for 45 minutes on a low heat.

Stir several times for the last ten minutes. Add the tomatoes, brown sugar, salt, lemon juice and 225ml of water.

Stir well and then bring to boil.

Cover, reduce heat, and simmer for a further 15 to 20 minutes.

Turn the heat off and leave the daal covered.

In a separate frying pan, on medium heat, place the mustard seeds, fenugreek seeds, cumin seeds and red chillies. As the pan gets hot the spices will sizzle and pop. Once that happens, place the contents of the frying pan into the lentils.

Remove the two red chillies before you serve the dish.

Nutritional value per serving

Calories: 219 | Total fat: 12g | Saturated Fat: 1g | Carbohydrate: 38g | Protein: 9g | Fibre: 7g



Chickpeas

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

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.

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.



Preparation Method (cont.)

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.

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

Serve with freshly chopped coriander.

Nutritional value per serving

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



Aloo Methi (Potatoes with Fenugreek)

Serves 4

500g of methi (fenugreek) leaves, clean, washed and finely chopped

2 medium potatoes, cut into small pieces

1 medium onion, finely chopped

100g canned tomatoes, finely chopped

4 garlic cloves, finely chopped

½ tsp. of turmeric

1 green chili, finely chopped

1 tsp. of cumin seeds

1 tbsp. of vegetable oil

Salt to taste

Preparation Method

The first thing for this recipe is to parboil the potato.

Cube the potato. Then boil it in a pan with enough water to cover it.

Boil for around five minutes until the potato is softened but not mushy.

Separately in a wok heat the oil and add the chopped onion and crushed garlic.

Fry till golden brown.

Fenugreek is an aromatic plant that is native to South Asia, North Africa and parts of the Mediterranean.

Fenugreek has been found to improve some metabolic symptoms related to type 1 and type 2 diabetes. Clinical trials have shown it to lower serum glucose and improve glucose tolerance.

Fenugreek helps improve muscle strength and is full of health boosting antioxidants.

Fenugreek is widely available in Indian food shops.



Preparation Method (cont.)

Then add whole cumin seeds and green chilli.

When cumin seeds are browned, add your salt, turmeric powder and chopped tomato.

Sauté for a couple of minutes.

Add your potato and mix together.

On a medium heat, cook the potatoes and methi together for 5 minutes until done in the wok, stirring frequently.

If the mixture starts sticking to the bottom of the wok, add a bit of water.

Serve and enjoy with a fresh salad.

Nutritional value per serving

Calories: 200 | Total fat: 7g | Saturated Fat: 3.5g | Carbohydrate: 35g | Protein: 6.1g | Fibre: 1.3g



Palak and Mushroom (Spinach and Mushrooms)

Serves 4

- 300g spinach, finely chopped
- 20 button mushrooms sliced
- 4 cloves garlic, finely chopped
- 1 tsp. ginger, finely chopped
- 1 green chilli, finely chopped
- ½ tsp. coriander powder
- 1 tsp. cumin powder
- 1 tsp. mustard seeds
- 1 tsp. cumin seeds
- 1 red onion, finely chopped
- 1 tsp. amchoor powder (unripe green mango powder) available in Indian food shops
- ½ tbsp. vegetable oil
- Salt to taste

Spinach is a great ingredient to cook with and include in your diet, as it has anti-inflammatory and anti cancer effects within the body.

The minerals in spinach help to alkalise the body, balancing the highly acidic diets most of us have which drain our energy levels, increase obesity and create many health problems.

Mushrooms are a great addition to the diet of those who have diabetes as they contain no fat, no cholesterol and are very low in carbs, yet high in protein, vitamins, minerals and fibre.

They also contain natural insulin and enzymes which help break down the sugar or starch in food.

Preparation Method

Heat your oil in a medium sized pan and add your onion, ginger and garlic.



Preparation Method (cont.)

Sauté for three minutes.

Then add the green chilli, cumin and, mustard seeds.

Add the green spinach and cook for 5 minutes.

Now add the chopped mushrooms and salt to taste.

Cook for a further 3 minutes.

Add the garam masala and the amchoor powder, cooking for 2 to 3 three minutes more.

The dish is now ready to serve.

Nutritional value per serving

Calories: 107 | Total fat: 9.2g | Saturated Fat: 5.5g | Carbohydrate: 7.2g | Protein: 3.9g | Fibre: 2.1g



Mutter Paneer (Paneer with Peas)

Serves 4

- 227g paneer cheese, cubed
- 1 medium onion, finely chopped
- 400g canned tomatoes, finely chopped
- 100g frozen peas
- 4 garlic cloves, finely chopped
- 1 tsp. ginger, finely chopped
- 1 green chilli, finely chopped
- 2 tsp. garam masala
- 1 tsp. turmeric
- 1 tsp. cumin
- 1 tbsp. oil to shallow fry paneer
- 1 tbsp. oil for frying onions
- 1 tsp. fresh coriander, finely chopped
- 250ml boiling water
- Salt to taste

Mutter paneer is a traditional Indian dish. "Paneer" is a Persian word for cheese and mutter is a Punjabi word for peas.

Paneer is high in protein which helps our bodies grow and repair

Paneer is also high in calcium for strong teeth and bones.

Peas are high in minerals, vitamins and anti-oxidants which are essential for the optimal functioning of our cells and organs.

Paneer cheese is available widely in Indian food shops as well in most supermarkets in the cheese aisle.

Preparation Method

Place a tablespoon of oil in a frying pan .



Preparation Method (cont.)

Add the cubed paneer to the frying pan and let it brown.

Ensure you turn the paneer several times as it cooks as the paneer will spit due to its water content if you do not do so.

Once the cheese has browned, place aside on a piece of kitchen towel.

Now in the frying pan add the next tablespoon of oil. Add the onions and cook until they become golden.

Next, add the ginger, garlic, chilli, cumin, garam masala, salt and turmeric.

Fry for a further couple of minutes and add the tin of tomatoes.

Turn heat down and simmer for 5 minutes.

Then add the boiling water, paneer and peas and simmer for a further 5 minutes until the peas are cooked through.

Serve with some fresh coriander.

Nutritional value per serving

Calories: 438 | Total fat: 26g | Saturated Fat: 12g | Carbohydrate: 13.2g | Protein: 16g | Fibre: 4g



Vegetarian Keema

Serves 4

- 200g of vegetarian mince
- 15 button mushrooms, sliced
- 2 medium onions, finely chopped
- 4 garlic cloves, finely chopped
- 4 tsp. ginger, finely chopped
- 2 tbsp. vegetable oil
- 1 green chilli, finely chopped
- 2 tsp. fresh coriander
- 1 tsp. cumin seeds
- 1 tsp. turmeric
- 200g chopped tomatoes, finely chopped
- Salt to taste

Keema is a dish which usually uses minced meat.

In this dish, minced meat has been replaced with vegetarian mince, which is made of soya and is widely available in supermarkets.

It is also lower in fat and carbs than minced meat. Veggie mince is also higher in dietary fibre than minced meat.

Preparation Method

Place the finely chopped onions in a pan on medium heat to brown for about 5 minutes in two tablespoons of oil, stirring frequently.

Add chopped garlic and ginger into the onions and cook through for a minute.



Preparation Method (cont.)

Add the chopped tomato mixture and chillies.

Cook on medium heat for around 5 minutes.

Then add the coriander, cumin and turmeric.

Place vegetarian mince and mushrooms into the mixture.

Cook for 5 minutes

Then add 80ml of water

Cook for a further 5 minutes until done.

The dish is now ready to serve and relish!

Nutritional value per serving

Calories: 227 | Total fat: 8.6g | Saturated Fat: 0.65g | Carbohydrate: 7g | Protein: 18.7g | Fibre: 7.5g



Indian Stir-Fry

Serves 4

A quarter of a cabbage

2 medium sized carrots, sliced into inch long thins

Half a red pepper and half a green pepper, chopped into small pieces

100g green beans, cut into inch long pieces

2 tsp. vegetable oil

½ tsp. mustard seeds

Half a chilli, finely chopped

2 garlic cloves, finely chopped

1 tsp. ginger, finely chopped

Juice of half a lemon

Salt to taste

This dish is a great way of eating various vegetables with a twist.

This stir fry includes aromatic, zingy Indian spices as well as lemon juice to make for a really tangy flavour.

Preparation Method

Place the oil on a medium heat. Add the ginger, garlic, mustard seeds and chilli.

Add cabbage, carrots, green and red peppers and green beans.



Preparation Method (cont.)

Stir fry for up to 4 minutes, without overcooking the vegetables.

Take off heat.

Add salt to taste as well as the lemon juice.

Mix thoroughly.

The dish is now ready to serve!

Nutritional value per serving

Calories: 75 | Total fat: 4.7g | Saturated Fat: 0.5g | Carbohydrate: 7g | Protein: 1.6g | Fibre: 2.1g



Aubergine Bharta

Serves 4

- 2 medium sized aubergines
- 1 medium onion, finely chopped
- 4 garlic cloves, finely chopped
- 2 tsp. finely chopped ginger
- 1 green chilli, finely chopped
- 200g canned tomatoes, finely chopped
- 1 tsp. cumin seeds
- ½ tsp. coriander powder
- ½ tsp. garam masala
- 2 tsp. coriander, finely chopped
- 1 tbsp. vegetable oil
- Salt to taste

'Bharta' refers to dishes where the ingredients have been mashed prior to or after cooking.

Bhartas mainly come from the Punjab region of India and can be made from most vegetables.

Aubergines are full of vitamins and minerals which are essential for the optimal functioning of our cells and organs.

Preparation Method

Heat the oven to 200°C or Gas Mark 6

Prick the skin of the aubergines and place on a baking tray.

Roast the aubergines in the oven for around 20 minutes until the skin is charred.



Preparation Method (cont.)

While the aubergines are in the oven. Put the oil to a pan on a medium heat.

Once oil is hot, add the whole cumin seeds.

When the cumin seeds have released their aroma it is time to add the onions and fry until they are soft.

Mix in garlic and ginger and fry for a further minute.

Place the tomatoes and powdered spices in the mixture. Cook for approximately 5 minutes, stirring often.

Once the aubergines have been cooked, ensure they have cooled down before peeling off the skin and throw it away.

Then mash the soft flesh of the aubergines.

And add it to the mixture and stir thoroughly.

Add your fresh coriander and your dish is ready to serve with a fresh salad.

Nutritional value per serving

Calories: 157 | Total fat: 10.8g | Saturated Fat: 1.4g | Carbohydrate: 15.3g | Protein: 6.2g | Fibre: 2.6g



Okra Curry (Ladyfinger Curry)

Serves 4

- 500g okra, chopped into ½ inch slices
- 1 medium onion, finely chopped
- 2 tsp. ginger, finely chopped
- 4 garlic cloves, finely chopped
- 100g canned tomatoes, finely chopped
- 1 tsp. cumin seeds
- ½ tsp. turmeric powder
- ½ tsp. mustard seeds
- 2 tbsp. oil
- Salt to taste

Okra is a popular Indian vegetable.

It is high in fibre which is great for controlling blood sugar in the body as well as for lowering cholesterol levels.

Okra is great for controlling acid reflux and is full of health boosting antioxidants.

Okra is also high in vitamin C which is good for reducing the risk of cancer.

Preparation Method

Place one tablespoon of oil in a frying pan.

Once it is hot, add mustard seeds.

When the seeds pop, add cumin seeds and turmeric powder.

Heat for a few seconds and remove.

Now add the other tablespoon of oil to the pan.

Fry the onions in this until they are golden brown.



Preparation Method (cont.)

Chop chopped tomatoes in a chopper.

Cook the three above mixtures together as well as the okra and cook for 5-10 minutes.

Add salt and this dish is ready to eat.

Nutritional value per serving

Calories: 209 | Total fat: 8g | Saturated Fat: 1g | Carbohydrate: 13g | Protein: 5g | Fibre: 6g



Mixed Vegetable Curry with Paneer

Serves 4

- 100g paneer, cubed
- 200g cauliflower
- 100g peas, frozen or fresh
- 2 small carrots, peeled and chopped into inch long thins
- 100g canned tomatoes, finely chopped
- 1 tsp. black mustard seeds
- 3 tsp. coriander, finely chopped
- 4 cloves of garlic, finely chopped
- 2 tsp. ginger, finely chopped
- 1 medium onion, sliced
- 2 green chillies, finely chopped
- 1 tsp. garam masala
- 250ml of water
- 2 tbsp. vegetable oil
- Salt to taste

This mixed vegetable is a truly healthy dish. The tomatoes, carrots, cauliflower are full of health boosting antioxidants, vitamins and minerals.

The paneer cheese is full of protein, which is excellent for our growth and repair.

Paneer is also high in calcium, essential for strong bones and teeth.

Preparation Method

Place a tablespoon of oil in a frying pan and brown the paneer.



Preparation Method (cont.)

Ensure the paneer is turned several times as it cooks so to keep spitting to a minimum.

Once the cheese has browned, place it aside.

Put the carrots and cauliflower in a medium-sized pan.

Add 250ml water and bring it to the boil.

Then add the peas, cover and lower the heat. Cook for four minutes.

Drain the carrots, cauliflower and peas and set them aside.

Place the second tablespoon of oil on a medium heat and fry the onions till golden brown.

Add the ginger and garlic, cook for a minute or so.

Then add the tomatoes, coriander, garam masala and chilies.

Cook for around three minutes.

Put the cooked vegetables into the tomato based mixture.

Add the paneer and cook for a further couple of minutes.

Add a little water if the mixture sticks.

The dish is now ready to serve with a garnish of fresh coriander.

Nutritional value per serving

Calories: 220 | Total fat: 5.7g | Saturated Fat: 1.5g | Carbohydrate: 20g | Protein: 22g | Fibre: 6g



Karele (Bitter Gourd)

Serves 4

2 medium karele

½ tsp. turmeric powder

1 green chilli, finely chopped

½ tsp. garam masala

1 tsp. of turmeric

Juice of half a lemon

2 tsp. fresh coriander, finely chopped

1 tbsp. of vegetable oil

½ teaspoon of salt

Bitter gourd contains a hypoglycemic compound, plant insulin, which is highly effective for maintaining blood sugar levels.

Plant insulin helps to increase the glucose intolerance in individuals who have type 2 diabetes.

Preparation Method

Peel hard skin off and slice the karele or bitter gourd into rounds.

Salt the karele and leave overnight. This removes excess water content.

Put all of the remaining ingredients in with sliced bitter gourds and marinate for 15 minutes.

Preheat oven to 200°C or gas mark 6 and bake the karele slices for 15 minutes.

Flip over and bake for another 15 minutes until crisp.



Preparation Method (cont.)

Serve the roasted bitter gourd with a side of fresh salad.

Nutritional value per serving

Calories: 118 | Total fat: 6.5g | Saturated Fat: 2g | Carbohydrate: 6.6g | Protein: 3.8g | Fibre: 2g



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 marinade 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.

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

Cook in the oven for around 20 minutes



Preparation Method (cont.)

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



Chicken Jalfrezi

Serves 4

- 750g chicken breasts, chopped
- 200g plain yoghurt
- 2 red onions, finely chopped
- 2 red bell peppers
- 2 tsp. turmeric
- 2 tbsp. finely chopped ginger
- 2 tbsp. finely chopped garlic
- 1 chilli, finely chopped
- 400g canned tomatoes, finely chopped
- 2 tsp. ground coriander
- 2 tbsp. vegetable oil
- 2 tsp. coriander, finely chopped
- 100ml of water

Chicken Jalfrezi is a highly popular dish in Indian restaurants and takeaways throughout the UK.

For Jalfrezi you usually marinate pieces of meat or vegetables. Then the meat or vegetables are fried in oil, spices and tomatoes to produce that rich, dark sauce.

You would usually add cream to this dish. However, in order to keep the fat content down, we have added yoghurt instead.

Preparation Method

Heat a pan on medium heat. Place a tablespoon of oil in the pan and seal the chicken, ensuring it is white all around.

This will take approximately 5 minutes.

Then drain the chicken onto some kitchen roll on a plate and set aside.



Preparation Method (cont.)

Fry the onions in the second tablespoon of oil for a couple of minutes.

Add the ginger and garlic.

Cook for a further minute.

Add the tomatoes, turmeric, and chilli and ground coriander. Cook this mixture for up to 5 minutes.

Add the chicken, salt and water.

Turn the heat down and simmer for 30 minutes.

Add the fresh coriander and serve.

Nutritional value per serving

Calories: 190 | Total fat: 11g | Saturated Fat: 3.5g | Carbohydrate: 7.2g | Protein: 17g | Fibre: 2g



Lamb Jalfrezi

Serves 4

- 450g lamb fillet, diced
- 2 onions, finely chopped
- 8 garlic cloves, finely chopped
- 1 green chilli, finely chopped
- 2 tsp. ginger, finely chopped
- 2 tsp. turmeric
- 2 tsp. garam masala
- 2 tsp. ground cumin
- 240g canned tomatoes, finely chopped
- 200g low fat plain yoghurt
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 tbsp. vegetable oil
- Salt and freshly ground black pepper to taste

Lamb Jalfrezi is one of the most ordered dishes in curry houses across the UK

Jalfrezis usually involve pieces of meat or vegetables. The meat or vegetables is fried in oil, spices and tomatoes to produce a rich, dark sauce.

Traditionally you would use cream in this dish. However, this dish uses yoghurt to keep the fat content down.

Preparation Method

Place a large pan on medium heat and add a tablespoon of oil.



Preparation Method

Seal the lamb on all sides. Once sealed, drain the diced lamb pieces onto some kitchen roll and place aside. This should take about 5 minutes.

On a lower heat in another pan, place the remaining tablespoon of vegetable oil and add your onions, garlic, ginger and chillies, frying for a further 3 minutes until the mixture is golden and soft.

Add your tomatoes, turmeric, ground cumin and garam masala, stir thoroughly and simmer for 5 minutes.

Add the lamb and enough water to cover the lamb, stir well.

Cover your pan, lower the heat and simmer for around half an hour until the lamb is cooked.

Add yoghurt and season to taste with salt and freshly ground black pepper.

Your dish is ready to savour!

Nutritional value per serving

Calories: 185 | Total fat: 12g | Saturated Fat: 7g | Carbohydrate: 8.8g | Protein: 14.5g | Fibre: 3g



Chicken Tikka Masala

Serves 4

- 400g boneless chicken breasts, cut into small pieces
- 1 small onion, finely chopped
- 2 tsp. fresh ginger, finely chopped
- 6 garlic cloves, crushed
- 400g canned tomatoes, finely chopped
- 100g low fat plain yoghurt
- 50ml skimmed milk
- 3 tsp. cumin powder
- 3 tsp. garam masala
- 1 tsp. turmeric
- 1 green chilli, finely chopped
- 2 tsp. fresh coriander, finely chopped
- 2 tbsp. vegetable oil
- Salt to taste

Chicken Tikka Masala is said to be the most popular dish served in British restaurants.

“Tikka” refers to chunks, in this case of chicken, and “masala” is a word which means “spicy sauce”.

Did you know that we have adopted this dish to the point that 1 out of 7 curries served in the UK is chicken tikka masala?

Preparation Method

Place a large pan on medium heat and add a tablespoon of oil.



Preparation Method (cont.)

Add the chicken and seal so that it is white all over.

Then heat the other tablespoon of oil in a frying pan on medium heat and fry the onions until they are golden brown.

Add the ginger and garlic, cook for a minute.

Stir in your tomatoes, cumin powder, garam masala, chilli and salt. Cook for another few minutes.

Then add the yoghurt. Lower heat and simmer for 5 minutes.

Add chicken and simmer for around 15-20 minutes until it is cooked through.

For the final touch, add the coriander and serve.

Nutritional value per serving

Calories: 240 | Total fat: 4.5g | Saturated Fat: 2.2g | Carbohydrate: 4.8g | Protein: 24.5g | Fibre: 2g



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