



SUMMER **HOME COOKING**

A DELICIOUS **DIABETES.CO.UK** COOKBOOK
A QUALITY SELECTION OF SUMMER THEMED DISHES



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Almond Cupcakes

Serves 12

200g almond flour

2 tsp. baking powder

100g butter, melted

4 eggs

80ml water

80ml liquid artificial sweetener

Pinch of salt

Preparation Method

Preheat oven to 175°C/Gas Mark 5.

Line a tray with cupcake cases.

Mix all the dry ingredients together. Add all the wet ingredients and mix thoroughly.

Half fill each cupcake case with the mixture.

Bake in a hot oven for 15 minutes.

Allow to cool before serving.

Nutritional value per serving

Calories: 93.0 | Total Fat: 9.4 | Saturated Fat: 5.5 | Carbohydrate: 0.5g | Fibre: 0.0g | Protein: 2.0g



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

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.

Serve immediately with lemon and sweetener to taste.

Nutritional value per serving

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



Strawberry and Quinoa Glory

Serves 8

50g quinoa

150ml water

200g strawberries

300ml semi skimmed milk

2 tsp. sweetener

½ tsp. vanilla essence

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



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

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



Preparation Method (cont)

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

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: 9.0g | Carbohydrate: 4.2g | Fibre: 1.0 | Protein: 16.9g



Summer Green Special

Serves 4

- 120g kale, washed and chopped
- 120g spinach, washed and chopped
- 120g watercress, washed and chopped
- 120g shelled pistachios
- ½ cucumber, chopped in to small pieces
- 2 tbsp. fresh mint, chopped finely
- 2 tbsp. parsley, finely chopped
- 1 large avocado, chopped into small pieces
- 1 tsp. ginger, finely chopped

Dressing

- Juice and rind of a lemon
- 2 tbsp. olive oil

Preparation Method

Mix together the lemon juice, the rind and the olive oil.
Place all the salad ingredients into a bowl and toss well.



Preparation Method (cont)

Drizzle the dressing over the salad.

Nutritional value per serving

Calories: 235 | Total Fat: 15.1g | Saturated Fat: 2.0g | Carbohydrate: 12.3g | Fibre: 2.0 | Protein: 6.5g



Cheesy Polenta with Mushrooms

Serves 5

500g ready made polenta

100g onions, peeled and finely chopped

20 button mushrooms

100ml single cream

100ml semi skimmed milk

2 cloves of garlic, peeled and finely chopped

2 tbsp. butter

Preparation Method

Preheat the oven at 200°C/Gas Mark 6

Heat the butter in a medium sized pan. Fry the onions in the butter until they soften - this takes a few minutes. Add the mushrooms and garlic and cook through for a couple of minutes. Remove from the hob.

Add the cream and milk slowly to the onion mixture and then place back on the burner.

Place the required number of servings in the oven and bake for 15 minutes. Heat the sauce through once the polenta is hot and serve.

Nutritional value per serving

Calories: 300 | Total Fat: 6.2g | Saturated Fat: 1.7g | Carbohydrate: 21.0g | Fibre: 1.0g | Protein: 2.5g



Peperonata

Serves 4

- 2 red peppers cored and sliced thinly
- 2 yellow peppers cored and sliced thinly
- Half a courgette, chopped roughly
- 400g tinned tomatoes
- 2 red onions, peeled and sliced thinly
- 4 cloves of garlic peeled and crushed
- 2 tbsp. olive oil
- Salt and pepper to taste

Preparation Method

Heat up the olive oil on medium heat in a medium sized pan.

Add the red onions and garlic. Cook for up to 5 minutes, stirring every minute.

Place the peppers in the pan. Season to taste.

Put the tomatoes in the pan and cook, without the lid on, for approximately 15 minutes.

Nutritional value per serving

Calories: 7 | Total Fat: 3.9g | Saturated Fat: 0.7g | Carbohydrate: 9.5g | Fibre: 2.2g | Protein: 1.7g



Watercress Soup with Pancetta

Serves 4

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

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 and add the pancetta before serving.

Nutritional value per serving

Calories: 200 | Total Fat: 12.6g | Saturated Fat: 3.8g | Carbohydrate: 13g | Fibre: 2.0g | Protein: 25.3g,



Chicken with Asparagus

Serves 4

500g fresh asparagus, with hard ends trimmed, cut into 1-inch pieces

450g skinless chicken breast fillets, diced

4 small onions, peeled and cut into 1-inch pieces

1 tbsp. of ginger, peeled and finely chopped

1 tbsp. oyster sauce

1 tsp. of chilli-garlic sauce

1 tbsp. toasted sesame oil

1 tbsp. vegetable oil

Preparation Method

Heat the vegetable oil in a medium sized pan. Place the chicken pieces in the hot oil and stir frequently for approx. 5 minutes or until the chicken has turned white on all sides .

Heat the sesame oil in a wok on a high heat. Place the asparagus in the sesame oil and cook for a couple of minutes.

Add the chicken. Then add the onions, ginger, oyster sauce and chilli-garlic sauce; cook for up to 3 minutes and serve straight away.

Nutritional value per serving

Calories: 210 | Total Fat: 8.2g | Saturated Fat: 1.1g | Carbohydrate: 7g | Fibre: 3g | Protein: 30g



Sizzling Chicken Wings

Serves 4

- 12 chicken wings, skinless
- 1 medium onion, peeled and finely chopped
- 2 tsp. garlic, peeled and finely chopped
- 2 tsp. ginger, peeled and finely chopped
- 2 tsp. cumin seeds
- 1 green chilli, finely chopped
- 2 tsp. soy sauce
- 4 tbsp. hot water
- 2 tbsp. vegetable oil
- Salt and pepper to taste

Preparation Method

Preheat the oven to 200°C/Gas Mark 6.

Heat the oil in a pan over medium heat and fry the onions in one tablespoon of oil until golden brown. This takes around 5 minutes.

Then add the garlic and ginger and cook for a further minute.

Next add the cumin seeds and chilli and cook for a further minute, then set the pan to one side.



Preparation Method (cont)

Then add the soy sauce and the onion mixture to the chicken wings and mix thoroughly for a minute.

Add the water, stir and transfer the contents of the wok into an ovenproof dish.

Put in the oven for approximately 25 minutes or until cooked through.

This dish can be served hot or cold.

Nutritional value per serving

Calories: 210 | Total Fat: 3g | Saturated Fat: 1g | Carbohydrate: 11g | Fibre: 2g | Protein: 30g



Lemon Glazed Chicken

Serves 4

- 4 chicken breasts, skinless
- Juice and zest of 2 lemons
- 2 tsp. garlic, peeled and finely chopped
- 1 green bell pepper, chopped into squares
- 1 tbsp. Dijon mustard
- 2 tbsp. vegetable oil

Preparation Method

Preheat the oven to 200°C/Gas Mark 6 and meanwhile cut the chicken into bite-size pieces.

Heat a tablespoon of oil in a frying pan and add the chicken. Cook for approx. 5 minutes or until the chicken turns white in colour.

Mix the mustard, garlic and lemon juice and zest in a bowl and marinate the chicken for at least an hour. Transfer marinated chicken to an ovenproof dish, cook in the pre-heated oven for approx. 25 minutes or until thoroughly cooked through.

Place in the pre heated oven for around 25 minutes until cooked.

Nutritional value per serving

Calories: 200 | Total Fat: 14.2g | Saturated Fat: 6.1 | Carbohydrate: 2.0g | Fibre: 0.3g | Protein: 5.8g



Chicken and Broccoli Casserole

Serves 4

- 500g skinless chicken breasts, diced
- 300g can condensed cream of mushroom soup
- 100ml semi skimmed milk
- 100g mild cheddar, grated
- 300g fresh broccoli, washed and cut in to florets
- 1 large white onion, peeled and chopped finely
- 1 tsp. fresh basil, finely chopped
- ¼ tsp. freshly ground pepper
- 1 tbsp. vegetable oil

Preparation Method

Preheat oven to 175°C/Gas Mark 5. Put the oil in a medium sized pan over medium heat, add the chicken and cook the chicken until it is white on all sides.

In a large bowl, place the soup, chicken, milk, cheese, broccoli, white onion, fresh basil and pepper. Mix thoroughly before transferring to a casserole or oven proof dish. Bake in the preheated oven for 45 minutes.

Nutritional value per serving

Calories: 210 | Total Fat: 8.8g | Saturated Fat: 4.5g | Carbohydrate: 7.4g | Fibre: 1.7g | Protein: 24.5g



Lamb Kebabs with Verdant Salsa

Serves 4

Kebab mix

- 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

Verdant salsa mix

- 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



Preparation Method (cont)

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

Nutritional value per serving

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



Salmon and Tomato Twangs

Serves 4

- 4 fresh salmon fillets
- 6 medium sized tomatoes, finely chopped
- 1 tsp. parsley, finely chopped
- 1 tsp. coriander, finely chopped
- 1 tsp. basil, finely chopped
- 2 tbsp. lemon juice
- Salt and pepper to taste

Preparation Method

Place the tomatoes, herbs and lemon juice in a bowl. Mix thoroughly.

Place the salmon fillets with their skin side on a greased baking tray in a preheated oven at 180°C/Gas Mark 5.

Place the tomato mixture on top of the salmon, season and bake for approximately 15 minutes.

Nutritional value per serving

Calories: 265 | Total Fat: 13.0g | Saturated Fat: 3.2g | Carbohydrate: 10.2g | Fibre: 2.0g | Protein: 27.5g



Italian Style Cod Bake

Serves 4

400g cod fillets

2 tbsp. grated Pecorino Romano cheese

2 tbsp. grated Parmesan cheese

2 cloves of garlic, crushed

50g butter, melted

1 tbsp. fresh parsley, finely chopped

Salt and pepper to taste

Preparation Method

Preheat the oven to 200°C/Gas Mark 6.

Lightly grease an ovenproof dish.

Mix the cheeses, garlic and seasoning in a bowl.

Place the fillets in the ovenproof dish and cover with cheese mixture and parsley. Season to taste.

Bake for 15 minutes and serve immediately.

Nutritional value per serving

Calories: 242 | Total Fat: 14.4g | Saturated Fat: 8.4g | Carbohydrate: 5.6g | Fibre: 0.2g | Protein: 21.7g



Prawns with Peas in a Tomato Sauce

Serves 4

- 190g uncooked king prawns, deveined and shelled, with their heads removed
- 6 ripe large tomatoes, cut into wedges
- 250g frozen peas
- A small onion, peeled and finely chopped
- 2 tbsp. tomato purée
- 2 cloves of garlic, finely chopped
- 1 tsp. fresh ginger, finely chopped
- 1 tbsp. fresh coriander, finely chopped
- 1 sprig fresh thyme
- 2 tsp. fresh parsley, finely chopped
- 1 tbsp. extra virgin olive oil
- Salt and freshly ground black pepper to taste

Preparation Method

Heat the oil in a frying pan.

Fry the onions on medium heat till golden brown. This usually takes around 3 minutes.



Preparation Method (cont)

Keep 6 of the tomato wedges aside. Chop the rest in a food processor along with the garlic and ginger.

Put the tomato mixture in a large pan, adding the whole tomato wedges, tomato puree and the herbs.

Allow the mixture to cook for around 5 minutes.

Add the peas and prawns.

Simmer till the prawns are cooked through. This should take around 10 minutes.

Season to taste with salt and freshly ground black pepper.

Nutritional value per serving

Calories: 240 | Carbohydrate: 19g | Total Fat: 2.0g | Saturated Fat: 1g | Fibre: 6g | Protein: 24g



Veggie Shepherd's Pie

Serves 4

250g vegetarian mince

1 medium potato, washed, peeled and cubed

5 medium carrots, washed, peeled and chopped

20 button mushrooms, roughly chopped

200g tomatoes, finely chopped

1 tbsp. tomato puree

75g cheddar cheese, grated finely

1 onion, finely chopped

1 tbsp. vegetable oil

Salt and freshly ground pepper to taste

Preparation Method

Preheat oven on 200°C/Gas Mark 6.

Boil the potato and carrots for around 7 minutes until cooked.

Fry the onions in the oil until golden brown which will take up to 5 minutes.

Add the veggie mince and cook for a couple of minutes.



Preparation Method (cont)

Add the mushrooms, tomatoes and tomato puree and cook for another 3 minutes. Season to taste.

Put the entire mixture in an ovenproof dish.

Place the potato and carrots in a colander. Then mash with the cheese. Season and put on top of the mince mixture.

Pop into the oven for around 25 minutes until cooked.

Nutritional value per serving

Calories: 320 | Total Fat: 13.0g | Saturated Fat: 5.3g | Carbohydrate: 15.3g | Fibre: 6.8g | Protein: 9.5g



Chinese Style Chicken

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

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.

Drain the chicken onto some kitchen roll on a plate and combine chicken and 1 tablespoon teriyaki sauce in a bowl; stir well.



Preparation Method (cont)

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 soy sauce and fry for one minute.

The dish is now ready to serve.

Nutritional value per serving

Calories: 169 | Total Fat: 2.5g | Saturated Fat: 0.6g | Carbohydrate: 12g | Protein: 20.5g | Fibre: 1.6g



Chicken Kebabs

Serves 4

220g chicken breasts, skinned and diced

2 teaspoons of garlic, finely chopped

2 teaspoon of ginger, finely chopped

1 tsp. green chilli, finely chopped

2 tbsp. light soy sauce

Salt and pepper to taste

1 tbsp. vegetable oil

Preparation Method

Seal the chicken by frying in the tablespoon of oil; this will take around 5 minutes

Mix the garlic, ginger, chilli and soy sauce together for a marinade and set aside.

Preheat the grill and line a baking tray with tin foil.

Thread the chicken on a skewer and grill for approximately 10 minutes, turning every 3 minutes.

Nutritional value per serving

Calories: 200 | Total Fat: 6.7 | Saturated Fat: 2.8g | Carbohydrate: 13.0g | Fibre: 1.0g | Protein: 17.3g



Chicken Korma

Serves 4

- 4 chicken breasts, chopped
- 100g plain yoghurt
- 2 large onions, finely chopped
- 2 tsp. turmeric
- 2 tsp. finely chopped ginger
- 2 tsp. finely chopped garlic
- 1 chilli, finely chopped
- 2 tsp. ground coriander
- Seeds of 10 cardamom pods
- 300ml water
- 2 tbsp. vegetable oil
- Salt and freshly ground pepper to taste

Preparation Method

Heat a pan on medium heat.

Place 1 tablespoon of oil in the pan and seal the chicken, ensuring it is white all around. This will take approximately 5 minutes.

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



Preparation Method (cont)

Once cool, put the chicken into the yoghurt and add salt and freshly ground pepper to taste.

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

Add the chilli, ginger, garlic, cumin, turmeric and cardamom seeds and cook for a further minute.

Add 300ml of water and bring to boil.

Combine the two mixtures and then cook for 10 minutes until the chicken is done.

Serve in a large bowl.

Nutritional value per serving

Calories: 310 | Total Fat: 11.2g | Saturated Fat: 5.1g | Carbohydrate: 13.7g | Fibre: 2.0g | Protein: 37.8g



Chicken with Mushrooms in Balsamic Sauce

Serves 4

- 450g of chicken breasts,
- 2 tsp. garlic, finely chopped
- 1 green pepper, chopped into fine slices
- 2 tbsp. dark balsamic vinegar
- 20 button mushrooms
- 1 large onion, finely sliced
- 1 tbsp. olive oil
- Salt and freshly ground pepper to taste

Preparation Method

Preheat the oven at 200°C/Gas Mark 6.

Heat the oil in a medium sized pan.

Then seal the chicken in the heated oil by cooking on both sides till the meat whitens.

Drain and place aside to cool down.

In a bowl; place the slices of pepper and onion.

Add the garlic and mushrooms. Then pour on the balsamic vinegar.



Preparation Method (cont)

Season with salt and freshly ground pepper.

Leave in the fridge to marinate for an hour.

Cook for 30 minutes.

Nutritional value per serving

Calories: 300 | Total Fat: 10.2g | Saturated Fat: 4.9g | Carbohydrate: 12.5g | Fibre: 2.0g | Protein: 35.5g



Lamb Kofta Curry

Serves 6

500g lamb mince

1 large onion, peeled, finely chopped

2 tsp. green chillis

2 tsp. ginger, peeled and finely chopped

2 tsp. garlic, peeled and finely chopped

2 tsp. garam masala

2 tbsp. coriander, finely chopped

Kofta sauce

400g tinned tomatoes, finely chopped

2 tbsp. vegetable oil

2 medium onions, peeled and finely chopped

2 tsp. garlic, peeled and finely chopped

2 tsp. ginger, peeled and finely chopped

1 tbsp. Tomato Purée

2 tsp. garam masala

1 tsp. turmeric

3 bay leaves

150 ml of boiling water



Preparation Method

Combine the onion, chillis, ginger, garlic, garam masala and coriander for the meatballs in a food processor and season well.

Whizz until the ingredients are fine in consistency. Then add the lamb mince and mix thoroughly.

Leave in the fridge for two hours.

For the sauce, heat the oil and cook the onions on a medium heat until they are a golden brown colour.

Add the ginger and garlic to the onions, cooking thoroughly for around five minutes.

Add the tomatoes and tomato purée, chillis, turmeric and garam masala. Finally add the boiling water and the bay leaves. Cook for around eight minutes until reduced.

Take the meatball mixture out of the fridge and shape into 24 balls.

In a large pan, submerge the meatballs in the sauce for around 30 minutes until they are cooked through.

Add some more water if the sauce is too thick.

Remove the bay leaves and garnish with coriander before serving.

Nutritional value per serving

Calories: 289 | Total Fat: 19.0g | Saturated Fat: 7.3g | Carbohydrate: 7.1g | Fibre: 2.0g | Protein: 20.0g



Pan Fried Greens with Bacon + Mushrooms

Serves 4

- 400g thick cut bacon
- 400g summer greens, finely chopped
- 200g button mushrooms, halved
- 200g fresh spinach
- 1 onion, roughly chopped
- 1 yellow bell pepper, roughly chopped
- 2 tsp. chilli sauce
- 4 tbsp. light soy sauce
- 2 tbsp. rice vinegar
- 2 tsp. vegetable oil
- 1 tbsp. vegetable oil
- Salt and pepper to taste

Preparation Method

Make the sauce in a mixing bowl by combining the soy sauce, rice vinegar, chilli sauce and vegetable oil.

Heat the tablespoon of oil in a medium sized pan and fry the bacon in that oil for up to three minutes.



Preparation Method (cont)

In another tablespoon of vegetable oil fry the onion first, followed by the bell pepper, then the mushrooms and summer greens.

Put the bacon back in the pan and add the spinach and sauce.

Cook for a further couple of minutes and serve.

Nutritional value per serving

Calories: 110 | Total Fat: 4.3g | Saturated Fat: 0.5 | Carbohydrate: 15.2 | Fibre: 3.9 | Protein: 4.5g



Lamb Steaks in a Tomato Sauce

Serves 4

4 lamb leg steaks

400g tin chopped tomatoes

1 tsp. cumin seeds

1 tsp. ground coriander

1 clove of garlic, finely chopped

2 tbsp. vegetable oil

Salt and freshly ground pepper to taste

A sprig of fresh coriander to garnish

Preparation Method

In a medium sized pan, heat a tablespoon of oil and cook the lamb steaks so they brown on both sides. This will take around 5 minutes.

Once cooked, place the lamb steaks on some kitchen roll to drain.

Place the other tablespoon of oil in a pan on medium heat.

Fry the spices for around a minute.

Add the chopped tomatoes to the pan with the spices, mix thoroughly.

Then simmer the dish on a low heat for ten minutes.



Preparation Method (cont)

If the mixture thickens before the lamb is cooked through, add some water.

Serve the dish with freshly chopped coriander and a side of salad.

Nutritional value per serving

Calories: 200 | Total Fat: 12.5g | Saturated Fat: 5.0g | Carbohydrate: 3.8g | Fibre: 1.1g | Protein: 16.1g



Cod and Parsley Parcels

Serves 4

4 cod fillets, approx. 170g each, skinned

2 tsp. butter

1 tbsp. plain flour

500ml semi-skimmed milk

3 tbsp. fresh parsley, finely chopped

2 tbsp. lemon juice

Salt and pepper to taste

Preparation Method

Place the milk to boil with lemon juice and salt and pepper.

Once boiled, leave to cool for 30 minutes.

Next melt the butter on a low heat.

Add the flour, whisking thoroughly. Stir and cook for a minute or so.

Add the milk little by little, whisking constantly.

Return to the heat, stirring continuously and bring to the boil.

Nutritional value per serving

Calories: 200 | Total Fat: 12.5g | Saturated Fat: 5.0g | Carbohydrate: 3.8g | Fibre: 1.1g | Protein: 16.1g



Preparation Method (cont)

Simmer for 10 minutes.

Add salt and pepper to taste.

Place the cod fillets in the pan and poach over a low heat for 4–6 minutes, without the sauce boiling until the fish is cooked.

Turn each piece of fish over after 2 minutes.

Place the fish fillets in a serving dish and spoon over with the parsley sauce.

Nutritional value per serving

Calories: 170 | Total Fat: 5.2g | Saturated Fat: 2.8g | Carbohydrate: 8.5g | Fibre: 0.2g | Protein: 22.0g



Tangy Trout Treats

Serves 4

800g trout fillets, boneless

Juice and rind of a lemon

250g of green beans, cut into inch thins

4 spring onions, chopped into small pieces

1 tbsp. Dijon mustard

1 tbsp. runny honey

1 tbsp. light soy sauce

2 tbsp. vegetable oil

Preparation Method

Preheat the oven to 200°C/Gas Mark 6. Lightly oil a baking tray. Place the trout in it. Then spread the lemon juice and rind over the top. Season with freshly ground pepper and salt. Cook for 15 minutes. Boil the green beans for about 5 minutes.

When cooked drain and add the chopped spring onions. In a small bowl mix together the mustard, honey and soy sauce.

Mix in with the green beans and onions and serve with the trout.

Nutritional value per serving

Calories: 300 | Total Fat: 15g | Saturated Fat: 3.9g | Carbohydrate: 9.8g | Fibre: 0.9g | Protein: 28g



Pan Seared Salmon with Fennel

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

Preparation Method

Preheat the oven to 200°C/Gas Mark 6. Lightly oil a baking tray.

Place the trout in it. Then spread the lemon juice and rind over the top. Season with freshly ground pepper and salt.

Cook in the oven for 15 minutes. 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 and serve.

Nutritional value per serving

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

SALADS

AN ASSORTMENT OF OUR FAVOURITE SALADS





Summer Vegetable Salad

Serves 4

- 100g fresh green beans
- 100g fresh sugar snaps
- 50g finely sliced yellow summer squash
- 100g courgette, finely sliced
- 50g red onions, finely sliced
- 100g carrots, coarsely grated
- 2 small tomatoes, chopped into small cubes
- 4 tsp of minced chives
- 2 tsp of dried basil

Preparation Method

Boil two inches of water in a pan. Put the green beans, sugar snaps yellow marrow, courgette and onions in it. Lower the heat; cover the pan and simmer for 3 minutes, until the vegetables are crisp and tender.

Then drain the vegetables and rinse under cold water. Pat the vegetables dry. Place vegetables into a bowl with the remaining ingredients, including the vinaigrette. Stir in gently.

Place in the fridge until you need to serve the salad.

Nutritional value per serving

Calories: 100 | Total Fat: 2g | Saturated Fat: 0.2g | Carbohydrate: 12g | Fibre: 4g | Protein: 2g



Bell Pepper and Chicory Salad

Serves 4

- 3 heads of chicory, finely sliced
- 1 yellow bell pepper, finely sliced
- 1 red bell pepper, finely sliced
- 2 new potatoes, cooked and finely sliced
- A handful of alfalfa sprouts
- 2 tbsp. of coriander, finely chopped
- 2 tbsp. of vinaigrette
- 2 tsp. of grainy mustard
- 1 tbsp. balsamic vinegar
- 2 tbsp. of lemon juice
- 3 tbsp. of extra virgin olive oil
- Salt and freshly ground black pepper to season

Preparation Method

For the vinaigrette: combine the lemon juice, balsamic vinegar and mustard. Then slowly stir in the olive oil. Season to taste.

Combine all the dry ingredients in a bowl. Add the vinaigrette.

Nutritional value per serving

Calories: 230 | Total Fat: 11.2g | Saturated Fat: 2.4g | Carbohydrate: 22g | Fibre: 2g | Protein: 5.9g



Italian Salad

Serves 4

2 tbsp of olive oil

A bunch of spring onions

250g of cherry tomatoes

150g mozzarella balls

150g olives

Juice of a lemon

50g fresh basil

Preparation Method

Mix all the dry ingredients together.

Then add the lemon juice and olive oil slowly and mix thoroughly.

The salad is now ready to serve and enjoy.

Nutritional value per serving

Calories: 240 | Total Fat: 11.2g | Saturated Fat: 3.3g | Carbohydrate: 14g | Fibre: 5.5g | Protein: 6.2g



Tomato and Celeriac Salad

Serves 4

200g celeriac, peeled and cut into juliennes

200g small tomatoes, sliced thinly

200g fennel, chopped finely

Parsley to garnish

Dressing

2 tbsp. balsamic vinegar

2 tbsp. olive oil

2 tbsp. Dijon mustard

Preparation Method

For the salad: first of all you need to boil the celeriac for around 10 to 15 minutes until it is cooked.

Then combine the balsamic vinegar and mustard and gradually stir in the oil.

Stir all the other ingredients together and add oil.

Garnish with some parsley and this salad is ready to serve.



Preparation Method (cont)

For the dressing: combine the lemon juice, balsamic vinegar and mustard.

Then slowly stir in the olive oil. Season to taste with salt and pepper.

For the salad: combine all the dry ingredients in a bowl. Add the vinaigrette. The salad is now ready to serve.

Nutritional value per serving

Calories: 250 | Total Fat: 15.3g | Saturated Fat: 3.1g | Carbohydrate: 10.6g | Fibre: 2.5g | Protein: 5.2g



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