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## **Dietary Modifications to Recipes for South Asian Families with Type 2**

### **DPC 2019 Nutrition & Lifestyle Clinic**

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## Rainbow Rice

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Traditional biryani and pilau dishes involve frying onions and spices, often in ghee or copious amounts of oil. This is a low-fat rice dish marbled with colourful vegetables that cooks effortlessly in the microwave. Turmeric adds yet another level of vibrancy. Suitable for all types of South Asian patients, including vegetarians. Basmati rice has a lower GI than long grain rice (av.55 v av.67)<sup>1</sup>.

You don't need weighing scales, just household measures. A perfect accompaniment to grilled fish or chicken.



Preparation time: 10 minutes

Cooking time: 20 minutes

Serves 6

### Ingredients

1 mug (275g) basmati rice

1 ½ mugs cold water

1 tablespoon bouillon (stock) powder e.g. Swiss vegetable bouillon

1 tsp crushed garlic

1 tsp crushed ginger

Good pinch of turmeric

Whole garam masala (optional): 2 cardamom pods, stick cinnamon, 2 cloves

<sup>1</sup> <http://www.glycemicindex.com/foodSearch.php>

Generous handful of frozen peas & sweetcorn mix  
 2 carrots, peeled & finely diced  
 Quarter head white cabbage, grated  
 2 red peppers, chopped

#### To Serve

Drizzle of sweet chilli sauce  
 Coriander leaves, roughly chopped  
 Lemon wedges

#### Method

1. Rinse the rice in a bowl to remove any starchy powder around the rice – this will help you get nice separate grains.
2. Put rice and water into a large microwavable container with a lid.
3. Add stock powder, garlic, ginger, turmeric and vegetables.
4. Stir, cover and place in the microwave over high setting for 18-20 minutes or till cooked (stir once at around 15 mins). Leave to stand for a couple of minutes.
5. Serve with fresh lemon wedges, and topped with sweet chilli sauce and coriander leaves.

Nutrition information					
Typical values	per 100g		per 228g serving		%RI per serving
Energy	390	kJ	888	kJ	11%
	92	kcal	210	kcal	11%
Fat	0.3	g	0.7	g	1%
of which saturates	0.1	g	0.2	g	1%
Carbohydrate	19	g	44	g	17%
of which sugars	2.6	g	5.9	g	7%
Fibre	1.7	g	3.8	g	
Protein	2.4	g	5.3	g	11%
Salt	0.32	g	0.72	g	12%

## Chicken Tikka Pitta Pockets

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This versatile recipe is made using quick short-cut ingredients like tikka paste, skinned chicken breast and a mix of tomato puree and plain yogurt to add flavour and colour. The cooked tikka pieces can be pierced with cocktail sticks and served as finger food at a buffet, served as a spicy starter with salad leaves, or as lunch when stuffed into pitta bread, chapatti or tortilla wraps with fresh salad. For this pitta pocket recipe, choose high fibre pitta bread.



Preparation time: 5 minutes

Cooking time: 10 minutes

Serves 2

### Ingredients

2 tsp tikka paste (from a jar, available in supermarkets)

½-1 tsp black onion seeds (kalonji) or black sesame seeds

4 tbsp low fat plain yogurt

1 tbsp tomato paste/puree

1-2 tsp vegetable oil e.g. rapeseed oil (optional)

Red chilli powder (to individual taste)

2 skinless chicken breasts (about 250g chicken), washed, cut into small cubes

### To Serve

2 wholemeal pitta breads (make sure they're nice and soft, or they could crack)

Shredded lettuce

1/3 cucumber, cut into thin strips

2 fresh tomatoes, finely diced

## Method

1. Put tikka paste, yogurt, tomato paste, oil and chilli in a bowl and mix well.
2. Stir in the chicken and leave to marinade if time permits; even 15 minutes will make a difference.
3. Heat the oil in a non-stick pan or wok, add the marinated chicken pieces and stir-fry over medium heat till tender but still moist (around 5-8 minutes). Add a little water if it begins to burn.
4. Stuff wholemeal pitta bread with lettuce, cucumber and tomatoes and top with hot or cold chicken tikka.

Nutrition information				
Typical values	per 100g	per 402g serving	%RI per serving	
Energy	413 kJ 98 kcal	1661 kJ 393 kcal	20%	
Fat	1.2 g	4.8 g	7%	
of which saturates	0.3 g	1.1 g	6%	
Carbohydrate	11 g	42 g	16%	
of which sugars	3.0 g	12 g	13%	
Fibre	1.6 g	6.5 g		
Protein	10 g	42 g	84%	
Salt	0.28 g	1.1 g	19%	

## Sautéed Bananas with Greek Yogurt and Pomegranate

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South Asian desserts are typically rich in free sugars, saturated fat (from ghee or cream) and can even be deep fried - as is the case with the very popular jalebi. This is a fruit-based dessert, served with plain yogurt in place of cream (natural yogurt is a popular ingredient in S Asian cuisine). The bananas have a higher GI than un-ripe raw bananas, but the addition of acid in the form of orange juice as well as fibre from the pomegranate seeds will help to lower the glycaemic impact. Most of the sugar comes naturally from the bananas and around 4g of free sugars are from orange juice (daily max 30g for adults<sup>2</sup>). That's a third of the amount in just one jalebi, which is a small comparative portion size; jalebi is also less filling and has a lower nutrient density. (13g free sugars per jalebi<sup>3</sup>).



Preparation time: 5-10 minutes

Cooking time: 5 minutes

Serves 4

<sup>2</sup> <https://www.gov.uk/government/publications/sacn-carbohydrates-and-health-report>

<sup>3</sup> <https://www.myfitnesspal.com/food/calories/jalebi-32141259>

## Ingredients

5g/1 tsp unsaturated spread

4 small ripe bananas, each sliced into 4 diagonal chunks

Juice from 1 large fresh orange (plus a little grated orange rind)

### To serve:

4 tbsp 0% fat Greek-style yogurt, stirred

Half a pomegranate, seeded

1. Heat a non-stick frying pan over a medium heat and add the spread.
2. Place the banana pieces onto the softened spread and allow them to soften for a couple of minutes. Add the orange juice a little at a time to add moisture and stop the bananas from sticking to the bottom of the pan.
3. Serve immediately topped with creamy yogurt. Sprinkle with grated orange zest and pomegranate seeds.

Nutrition information					
Typical values	per 100g		per 168g serving		%RI per serving
Energy	306	kJ	513	kJ	6%
	72	kcal	121	kcal	6%
Fat	0.6	g	1.1	g	2%
of which saturates	0.2	g	0.3	g	2%
Carbohydrate	13	g	22	g	8%
of which sugars	12	g	20	g	23%
Fibre	1.5	g	2.5	g	
Protein	2.8	g	4.6	g	9%
Salt	0.06	g	0.10	g	2%