



# Tasty recipes when you have gestational diabetes

Recipes from Diabetes UK and  
British Heart Foundation

This booklet includes recipes and tips to help you manage your gestational diabetes in pregnancy and after you have had your baby.

Having gestational diabetes means that you have an increased chance of developing type 2 diabetes in later life. Healthy eating and being physically active will reduce the risk of this happening. We hope these recipes will help you cook food you enjoy eating and maybe learn a new favourite dish.

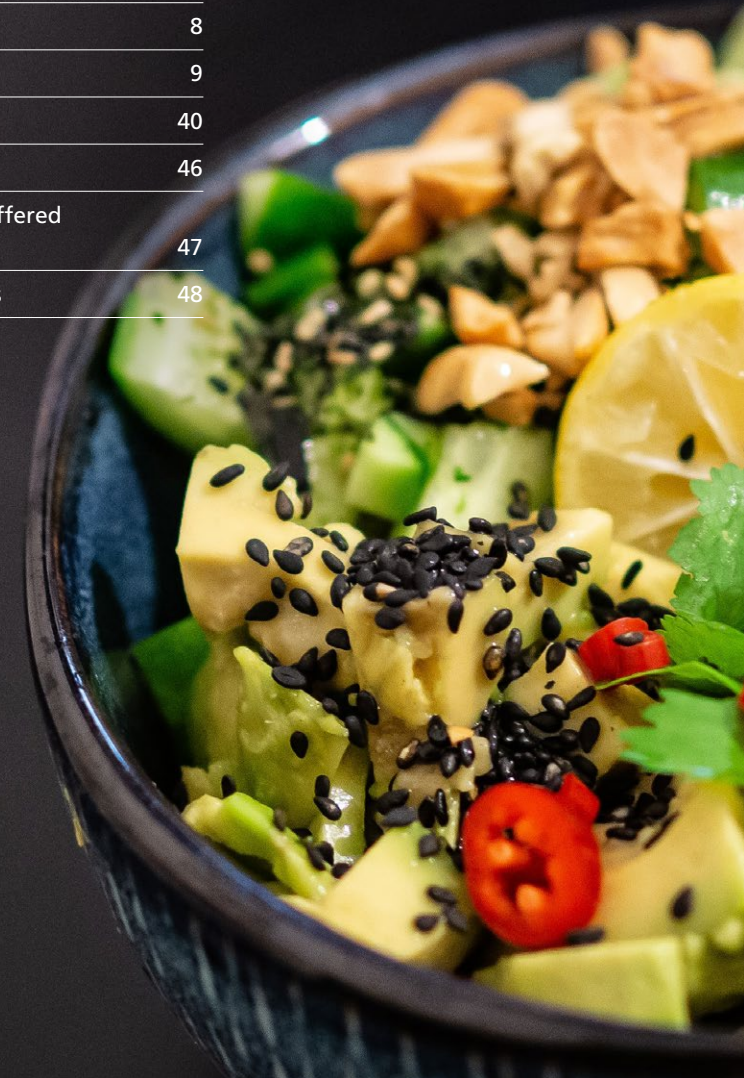
It is recommended that you follow-up with your GP for type 2 screening 3 months after the birth of your baby and every year after that for life.

**Talk to your GP or midwife about a free referral to:**  
National Diabetes Prevention Programme



# Contents

Portion sizes	4
Reading food labels	5
Fruit and vegetables	6
Alternative carbohydrates	6
Alternatives to rice	7
Drinks	8
Recipes	9
Meal plans	40
Get physical	46
What activities are offered in your area	47
Links to more recipes	48



# Portion sizes

## One portion is...

**Cooked rice**  
2 heaped tablespoons



**Half a jacket potato**  
1 computer mouse




**Breakfast cereal**  
3 tablespoons




**Boiled pasta or cooked noodles**  
3 heaped tablespoons




**Cooked lean meat**  
(such as chicken, beef or pork)  
deck of playing cards (60 to 90g)



**Beans and pulses**  
(such as red kidney beans, butter beans, chickpeas or lentils)  
3 tablespoons



**Nuts or peanut butter (unsalted)**  
golf ball (2 level tablespoons)



**¼ cup of oatmeal**  
1 egg



**1½ oz cheese**  
2 9v batteries



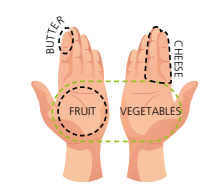
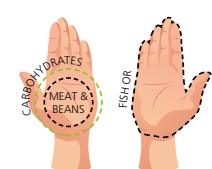
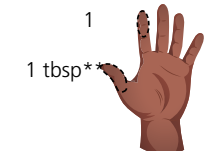
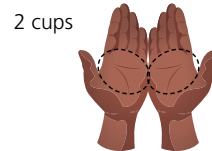
**2 cups of greens**  
2 baseballs



**1 cup of orange juice**  
1 baseball



\* teaspoon \*\* tablespoon



# Reading food labels

## Colour coding

The example below is the quick reference guide that can usually be found on the front of food packaging. Most food packaging works with a colour code system to show high (red), medium (amber), and green (low) nutrition proportions.

**Each serving (150g) contains:**

Energy 1046kJ 250kcal	Fat <b>3.0g</b> LOW	Saturates <b>1.3g</b> LOW	Sugars <b>34g</b> HIGH	Salt <b>0.9g</b> MED
13%	4%	7%	38%	15%

**of an adult's reference intake**  
Typical values (as sold) per 100g: 697kJ / 167 Kcal

## Labelling can be difficult to understand

When reading food labels, it is important to understand the difference between simple and complex sugars. Their effect on blood glucose levels is not the same.

Simple, or 'fast', sugars have a high glycaemic index and will be rapidly digested, which can cause hyperglycaemia.

Complex, or 'slow' sugars, with a lower glycaemic index, will cause smaller, slower increases in blood glucose.

When you choose foods rich in sugars, it is also better to combine them with foods with a high fibre content. These have the ability to slow the absorption of sugars and lower your blood glucose peak. Similarly, try to choose whole grain starchy foods as they are also high in fibre.



# Fruit and vegetables

Here are some alternatives to use with your meals or as a snack. These are lower in sugar but can still make you feel full.

## Why not try...

- Sliced melon or grapefruit topped with unsweetened yogurt, or a handful of berries, or fresh dates, apricots or prunes for breakfast.
- Mushrooms, cucumber, spinach, cabbage, cauliflower, broccoli, celery and lettuce for lower carb vegetable options.
- Avocados, blackberries, raspberries, strawberries, plums, peaches and watermelon for lower carb fruit options.

# Alternative carbohydrates

Here are some other options for carbohydrates in your meals or for a snack. These are lower in sugar but can still make you feel satisfied.

## Why not give these a go...

- Brown rice, pasta or noodles in risottos, salads or stir-fries.
- Baked sweet potato with the skin left on – add toppings like cottage cheese or beans.
- Boiled cassava, flavoured with chilli and lemon.
- Chapati made with brown or wholemeal atta.



# Alternatives to rice

Some of the recipes in this booklet use brown or basmati rice which can sometimes make your blood sugar rise if you have gestational diabetes.

Two alternatives to rice are bulgur and quinoa. Here are some tips when cooking them:



## Bulgur: Precooked cracked wheat

- Put the bulgur wheat into a heatproof bowl.
- Pour boiling water over the grains covering them by about 2 to 3cm.
- Cover the bowl with a plate or tea towel, and leave to soak for 20 to 30 minutes until all the water is absorbed. (You could use stock for more flavour).
- Separate the grains and fluff with a fork, then toss into salads or serve with other dishes.



## Quinoa: Edible seeds

- Use 1¾ cups of water for every cup of quinoa
- Combine the quinoa and water in a medium pot. Bring to a boil, cover, and reduce the heat. Simmer for 15 minutes.
- Remove the pot from the heat and let it sit, covered, for 10 minutes more.
- Remove the lid and fluff with a fork.

# Drinks

## Water

Water is the best all-round drink. If you prefer flavoured water, always read the label to check the free sugar content (a type of sugar we need to cut down on). There could be 5 to 7 teaspoons of sugar in a bottle. Make your own flavoured waters by adding a squeeze of lemon or lime, or strawberries.

## Herbal and fruit teas

Herbal and fruit teas can make a refreshing change and most are caffeine-free.

## Squash and cordials

No added sugar squash and cordials are a good option as you tend to use little and add more water. They do not affect your blood sugar in the way that fruit juices and sugary drinks do.



## Fruit juices and smoothies

Fruit juices and smoothies contain a lot of carbs and free sugar. Try to avoid fruit juice and smoothies as much as possible. If you do have them, try to limit yourself to no more than 150ml, and only have one in a day.

## Fizzy drinks

Fizzy, sugary drinks provide little else apart from a lot of sugar, so try to go for sugar-free alternatives.



# Recipes



## Jollof rice and chicken

A popular West African dish that's cooked in one pot – ideal for a simple, midweek dinner.



**Serves: 4**



**Preparation:  
15 minutes**



**Cooking time:  
30 minutes**



Each 393g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt
377	50.3g	7.1g	29.7g	5.1g	0.80g	11.9g	0.28g

### Ingredients

2 tsp rapeseed oil  
1 large onion (170g), chopped  
350g skinless, boneless chicken breasts, cut into chunks  
1 large red pepper (170g), chopped  
1 large yellow pepper (170g), chopped  
2 garlic cloves, crushed  
3cm fresh ginger root, finely chopped  
½ to 1 Scotch bonnet chilli, chopped  
2 tbsp tomato purée  
200g brown basmati rice, rinsed under cold water  
1 reduced salt chicken stock cube dissolved in 450 ml water  
400g can chopped tomatoes  
100g okra, chopped into 2cm pieces  
2 tbsp roughly chopped coriander

### Method

- Heat the oil in a large pan then add the onion and cook 3 to 4 minutes until starting to brown.
- Add the chicken chunks and cook for a further 3 to 4 minutes, stirring regularly to make sure the chicken cooks evenly.
- Add the red and yellow peppers and stir for another 2 minutes then add the garlic, ginger, chili and tomato purée and mix well.
- Now add the rice and mix again, stirring for a minute to coat all the rice with the tomato purée mixture.
- Add the stock and tomatoes and mix well, bring to the boil then reduce the heat, cover and simmer for 8 minutes.
- Scatter the okra on top of the rice, replace the lid and simmer for a further 5 minutes.
- Turn off the heat but do not remove the lid and leave to stand for 5 minutes. Add the coriander, mix well and serve.

## Jerk chicken

A classic Jamaican dish, popular across the Caribbean. Jerk refers to the spicy seasoning the chicken is marinated in. Can be cooked in the oven or on the barbecue.



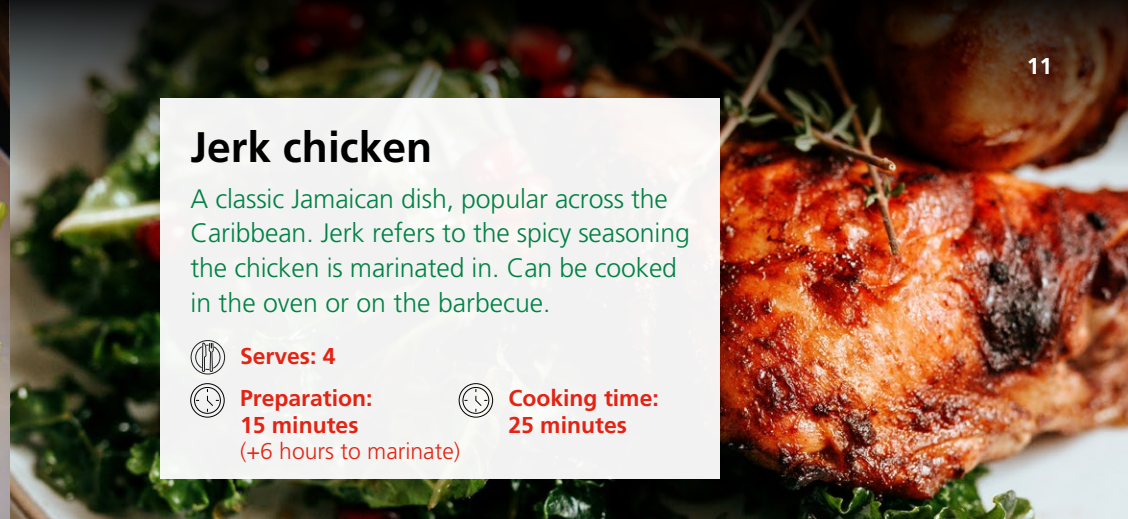
**Serves: 4**



**Preparation:  
15 minutes  
(+6 hours to marinate)**



**Cooking time:  
25 minutes**



Each 219g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt
272	6.9g	1.3g	30.7g	13.2g	3.8g	5.8g	0.67g

### Ingredients

4 spring onions, chopped  
2 Scotch bonnet chillies, finely chopped  
1 tsp freshly ground black pepper  
½ tsp cinnamon  
½ tsp ground nutmeg  
1 tsp ground allspice  
2 tsp dark brown sugar  
2 cloves garlic, crushed  
3 cm fresh ginger root, grated  
1 tbsp fresh thyme leaves or 1 tsp dried thyme  
1 tbsp reduced-salt soy sauce  
Grated zest and juice 1 lime  
Juice 1 orange  
1 tbsp red or white wine vinegar  
4 chicken drumsticks and 4 chicken thighs (1kg), excess skin trimmed

### Method

- To make the jerk seasoning, add everything except the chicken to a blender and blend to a paste. Or use a stick blender or pestle and mortar.
- Prick the chicken with a sharp knife and add to a food bag with the jerk seasoning. Leave for at least 6 hours or overnight, if possible.
- Preheat the oven to 190°C/170°C Fan/gas 5. Spread the marinated chicken out onto a baking tray and bake for 25 minutes, until crisp and golden and starting to char on the edges.
- If barbecuing, cover in foil and cook in the oven for 20 minutes. Then switch to the barbecue for another 10 minutes.

### Tips

**Try serving with rice and peas and salad.**

**You could use this marinade on pork, fish fillets, large prawns or cubes of tofu.**


**You can add the chicken and jerk seasoning to a food bag, mix well and freeze it ready for future use.**

**Suitable for freezing once cooked. Defrost in the fridge and reheat until piping hot throughout.**

## Rice and peas

This popular dish can be served with other Caribbean foods.

 Serves: 4

 Preparation:  
10 minutes

 Cooking time:  
20 to 25 minutes



Each 239g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt
314	57.3g	6.0g	8.7g	4.3g	2.6g	1.8g	0.12g

### Ingredients

400g kidney beans  
450ml low-salt vegetable stock  
150ml half-fat coconut milk  
1 tsp fresh thyme, chopped  
3 spring onions, sliced  
1 green chilli, finely chopped  
225g brown basmati rice  
Freshly ground black pepper

### Method

- Drain and rinse the beans, place in a large pan and add the stock.
- Bring to the boil and simmer for 5 minutes.
- Add the remaining ingredients, cover and simmer for 15 to 20 minutes or until the liquid has been absorbed and the rice is cooked.
- Season well and serve.

### Tips


**Try using other beans such as black eye beans, borlotti beans or a tin of mixed beans.**


**Suitable for freezing once cooked. Chill quickly. Defrost in the fridge and reheat thoroughly until piping hot throughout. Eat immediately and discard any leftovers.**

## Aubergine and chickpea curry

A deliciously warming, vegetarian curry that's easy to make. Thanks to WW (Weight Watchers UK) for this recipe.

 Serves: 4

 Preparation:  
15 minutes

 Cooking time:  
40 minutes



Each 568g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt
433	63.0g	14.0g	18.0g	7.5g	1.2g	16.0g	0.92g

### Ingredients

Calorie-controlled cooking spray	300ml vegetable stock, made with ½ reduced salt stock cube
1 red onion, finely sliced	2 x 400g tins chickpeas, drained and rinsed
3 garlic cloves, crushed	50g fat-free natural yogurt
1 tbsp grated fresh ginger	2 tbsp fat-free natural yogurt to serve
½ tsp ground coriander	Finely grated zest and juice of a ½ lime, plus wedges to serve
3 cardamom pods, crushed	2 tbsp finely chopped fresh coriander, plus extra to serve
1 star anise	2 x 250g pouches microwave brown basmati rice or cook your own
1 tbsp tomato purée	
2 aubergines, cut into 3cm chunks	
500g passata	

### Method

- Mist a large pan with the spray and fry the onion over a medium heat for 6 to 8 minutes until soft. Add the garlic and ginger and cook for 1 minute. Stir in the spices and cook for another minute.
- Stir in the purée and cook for 1 minute, then add the aubergines, passata and stock. Bring to a simmer and cook for 25 minutes, adding the chickpeas for the final 5. Stir in the yogurt, lime zest and juice and coriander.
- Add the cooked rice to the bowls, and top with the curry, the extra yogurt and coriander, serving the limes on the side.

## Keralan-style vegetable curry

Aubergine, okra and butternut squash with split peas in a creamy yogurt and tomato sauce.



**Serves: 4**



**Preparation: 20 minutes**



**Cooking time: 65 minutes**

Each 583g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt
237	32.4g	11.8g	11.5g	4.2g	0.4g	17.2g	0.26g

### Ingredients

75g split peas (dried)  
 500ml boiling water (for the split peas)  
 2 tsp rapeseed oil  
 2 onions (220g), chopped  
 2 cloves garlic, crushed  
 ½ butternut squash (400g), peeled, deseeded and cubed  
 1 tbsp curry paste  
 1 x 400g tin chopped tomatoes  
 200ml boiling water (for the tomatoes)  
 1 aubergine (250g), diced  
 1 pack okra (175g), stalks trimmed  
 1 bag (200g) fresh spinach  
 25g fresh coriander, chopped  
 2 tbsp 0% yogurt  
 80g pomegranate seeds  
 80g cucumber, diced  
 2 spring onions, chopped  
 1 small red chilli, chopped

### Method

- Rinse the split peas and add to a pan with boiling water to fully cover them. Simmer for 40 minutes, then drain.
- Meanwhile, add the oil to a pan with the onion and cook for 3 to 4 minutes.
- Add the garlic, butternut squash and curry paste, then cook for 2 minutes, stirring regularly.
- Add the tomatoes and water, mix well, then bring to the boil. Turn down the heat, cover, then leave to simmer for 10 minutes.
- Add the aubergine, cover, and cook for 5 minutes.
- Add the okra, mix well, cover and cook for a further 5 minutes, before adding the spinach and mixing again. Cover and cook for 2 to 3 more minutes.
- Check the split peas are tender then drain and add to the pan along with the coriander and yogurt. Mix well and serve scattered with pomegranate seeds, cucumber, spring onion and chilli.

## Lamb dhansak

A medium-spiced curry made with lamb, vegetables and lentils in a rich, thick sauce that's packed with flavour.



**Serves: 4**



**Preparation: 15 minutes**



**Cooking time: 90 minutes**

Each 421g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
417	46.3g	10.6g	27.7g	11.1g	3.4g	16.6g	0.59g	4 PORTIONS

### Ingredients

2 tsp rapeseed oil  
 1 onion, chopped  
 350g diced lambs leg  
 2 carrots, chopped  
 4 cloves garlic, crushed  
 3cm fresh ginger root, grated  
 100g red lentils  
 1 low-salt lamb or chicken stock cube in 400ml boiling water  
 1 x 400g tin chopped tomatoes  
 1 tbsp mild curry paste  
 1 to 2 sweet potatoes (400g), peeled and chopped  
 1 aubergine, chopped  
 20g fresh coriander, roughly chopped

### Method

- Add the oil to a pan, then add the onion and cook for 3 to 4 minutes until starting to brown.
- Add the lamb and cook for a further 4 to 5 minutes, until well browned. Add the carrots, garlic and ginger and cook for a further 2 to 3 minutes, stirring regularly.
- Add the lentils, stock, tomatoes and curry paste and mix well. Bring to the boil, cover with a lid on, reduce the heat, then simmer for 1 hour.
- Add the sweet potato and aubergine, mix and cover again. Simmer for a further 20 minutes.
- Check the lamb is tender. If not, simmer for another 10 to 15 minutes. Stir in the fresh coriander, saving a little for the top, and serve.
- You can make this dish with any lean meat, such as beef or pork.
- For a quicker version, use cubed chicken or turkey and simmer for 15 minutes instead of 1 hour, before adding the sweet potato and aubergine.
- Freezing instructions: Suitable for freezing once cooked. Defrost in the fridge or microwave and reheat until piping hot throughout.



## Goat curry with ginger and sweet potato

A celebratory West Indian dish, served at parties and family gatherings.



**Serves: 6**



**Preparation:  
15 minutes**



**Cooking time:  
90 minutes**



Per 100g

KCal	Fat	Saturates	Salt	Sugars
11%	7%	4%	8%	3%

### Ingredients

500g lean goat meat or 750g on the bone  
 1 stem root ginger, peeled and minced  
 1 large sweet potato, peeled and cubed  
 400g tin of chick peas, drained and rinsed  
 2 tablespoons mild curry powder  
 2 cloves garlic, finely chopped  
 1 large onion, finely chopped  
 1 sweet pepper, deseeded and sliced  
 4 pimento seeds, crushed  
 Scotch bonnet pepper to taste, sliced  
 2 spring onions, whole  
 1 tbsp sunflower oil  
 80g cucumber, diced  
 2 spring onions, chopped  
 1 small red chilli, chopped

### Method

- Wash the meat, remove any visible fat and cut into bite-sized chunks. If using meat on the bone, remove any visible fat, but leave the meat on the bone. Add the curry powder, ginger, garlic, onion and pimento. Leave to marinate in the fridge overnight if possible or for a few hours.
- Using a Dutch pot or large non-stick pan, gently fry the remaining ingredients, except the sweet potato, for 3 to 5 minutes. Add the goat with all the marinade and stir into the spices.
- Add enough water to cover the meat and leave to simmer with the lid on for 40 to 45 minutes or until the water has reduced to a rich sauce.
- Add the sweet potato and cook for a further 40 minutes or until the meat is tender. Serve with plain rice and green salad.

### Tip

**The leg of the goat is the leanest part to buy.**

## Sweet potato crab cakes with green chilli dip

Spicy crab cakes with sweet potato make a perfect party dish.



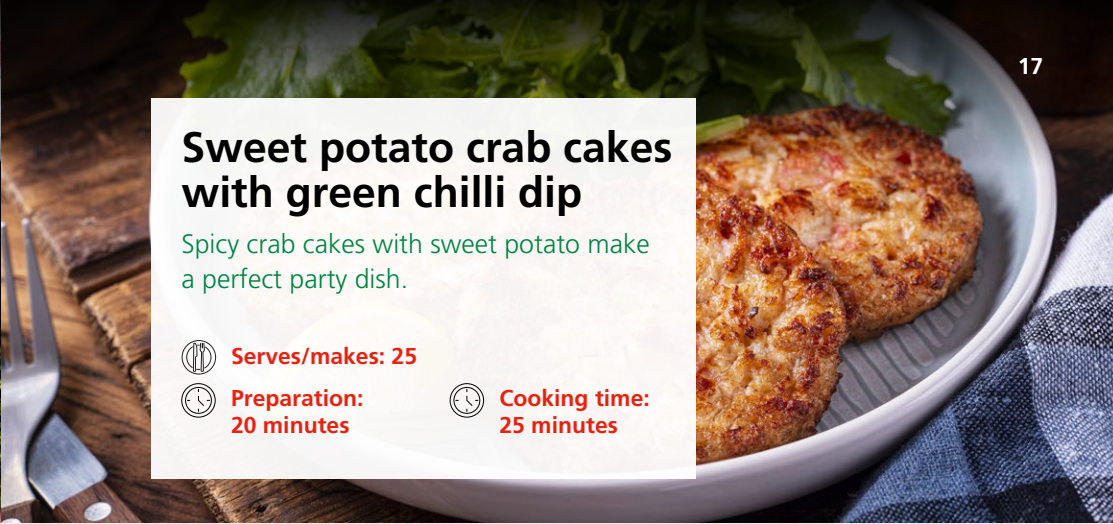
**Serves/makes: 25**



**Preparation:  
20 minutes**



**Cooking time:  
25 minutes**



Each 29g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt
27	2.6g	0.4g	2.2g	0.8g	0.1g	0.8g	0.09g

### Ingredients

200g sweet potato, boiled and mashed  
 1 tbsp flour (plus a little for dusting)  
 1 egg, beaten  
 Good pinch pepper  
 20g fresh dill, chopped  
 3 spring onions, finely chopped  
 200g cooked crab meat, dark and brown  
 Grated zest 1 lemon (plus wedges to serve)  
 2 tsp rapeseed oil

### For the salsa:

2 tomatoes, roughly chopped  
 1 heaped tbsp tomato puree  
 1 green chilli, deseeded and very finely chopped

### Method

- Prepare the sweet potatoes and allow to cool.
- Add the flour, egg, pepper and dill to the mashed sweet potato and mix well.
- Stir in the spring onion and crab, combine together then form into small patties about 1 cm deep, then dust with flour.
- Add 1 teaspoon oil to a non-stick pan. Fry the patties for about 6 minutes, turning them a couple of times to make sure they are cooked evenly. They should be lightly golden and firm, and the patties must be cooked through.
- Meanwhile, for the salsa, blend the tomatoes with the tomato puree and stir in the green chilli.

### Tip

**For flavour, the mixture of white and dark crab is ideal. Try making with salmon or chopped prawns.**

## Spicy potato wedges

Great for entertaining and delightfully healthy – much lower in fat than shop-bought versions.

Please note: dips are not included in the analysis.



**Serves: 8**



**Preparation:  
20 minutes**



**Cooking time:  
30 minutes**



Each 317g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt
278	41.6g	5.0g	9.2g	7.2g	2.3g	5.5g	0.15g

### Ingredients

8 baking potatoes, each cut into 8 wedges (total weight 1.6kg)  
3 tbsp rapeseed oil  
1 tbsp paprika

#### For the garlic and herb dip:

200g pot half-fat cream cheese  
200g pot fat-free fromage frais  
2 cloves garlic, crushed  
3 tbsp fresh mint, chopped  
3 tbsp fresh parsley, chopped

#### For the spicy tomato salsa:

400g tin chopped tomatoes  
1 red chilli  
1 clove garlic, crushed  
3 tbsp fresh coriander, chopped

### Method

- Preheat the oven to 200°C/gas 6.
- Place the potato wedges in a large pan of boiling water and simmer for 5 minutes. Drain and place in a large roasting tin.
- Mix together the oil and the paprika and toss through the potato wedges. Place on a baking tray and cook for 20 to 25 minutes until golden and crisp.
- For the garlic and herb dip, simply mix all the ingredients and spoon into a serving dish.
- For the salsa, drain any excess liquid from the tomatoes then blend with the chilli, garlic and coriander for 30 seconds. Spoon into a serving dish.
- Serve the potatoes with the dips.

### Tip

**Passing these around as finger food? Omit the paprika from the potatoes as it stains the fingers!**

**You could use Chinese 5 spice powder instead of paprika, or try dried thyme.**

**Wedges are suitable for freezing. Defrost in the microwave and reheat in the oven until piping hot.**

## Spicy plantains and spinach

Perfect as a snack, starter or side dish.



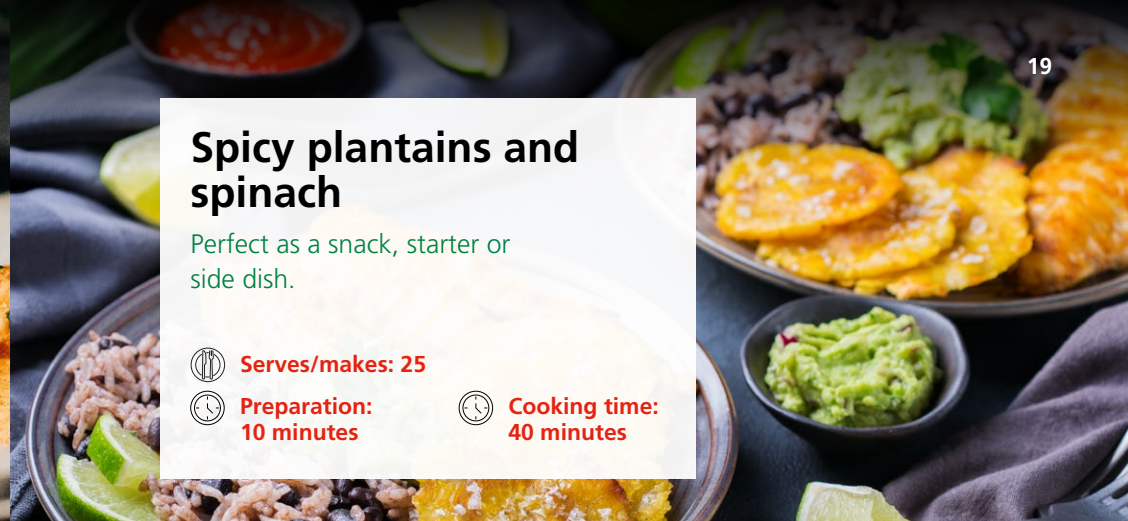
**Serves/makes: 25**



**Preparation:  
10 minutes**



**Cooking time:  
40 minutes**



Per 100g

KCal	Fat	Saturates	Salt	Sugars
9%	5%	3%	3%	12%

### Ingredients


1 firm, ripe plantain (yellow in colour)  
2 spring onions, finely chopped  
2 fresh tomatoes, chopped  
1 red pepper, thinly sliced  
½ teaspoon of mild curry powder  
Large bunch of spinach, finely chopped  
1 tbsp rapeseed oil  
Small stem of ginger, peeled and finely chopped (about a tablespoon)  
Scotch bonnet to taste


### Method


- Cut along the length of the plantain so it's easier to peel once cooked.
- Boil in water for 10 to 15 minutes or until plantain can be easily pierced with a fork. Remove from water and leave to cool.
- Heat the rapeseed oil in a large non-stick pan. Add the spring onion, red pepper, ginger and tomato and cook gently for 8 to 10 minutes. Season with black pepper to taste. Meanwhile peel the plantain, discard the skin and slice into discs about 1 inch thick.
- Transfer plantain to the pan, add the spinach and mix well. Serve as a starchy food with meat or fish and a portion of vegetables.

## Chicken chow mein

Our guilt-free take on this classic is low in saturated fat, sugar and salt, and gives you 2 of your 5 A Day.

 **Serves: 3**

 **Preparation:**  
**10 minutes**

 **Cooking time:**  
**15 minutes**



Each 403g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
408	39.1g	6.5g	35.0g	11.0g	1.6g	7.3g	0.94g	2 PORTIONS

### Ingredients

1 tbsp sunflower oil  
1 onion, halved and thinly sliced  
2 chicken breasts (300g), shredded into 4cm-long strips  
1 carrot, cut into 2cm-long matchsticks  
125g shiitake mushrooms  
1 courgette, cut into sticks  
100g fresh or frozen soya (edamame) beans, defrosted  
2 tsp Chinese 5 spice  
2 tsp reduced-salt soy sauce  
2 cloves garlic, crushed  
300g pack ready-cooked egg noodles

### Method

- Add the sunflower oil to a large pan or wok, then add the onion and cook for 2 minutes.
- Next, add the chicken and stir constantly for 3 to 4 minutes, making sure the pieces do not stick together.
- Add the carrots, mushrooms and courgette. Cook for a further 3 to 4 minutes, again, stirring constantly.
- Next, add the soya beans, Chinese 5 spice, soy sauce, garlic and noodles.
- Mix well for another 3 to 4 minutes until the noodles are hot through.

### Tips

**For a gluten-free alternative, use rice noodles and gluten-free tamari.**

**You could swap the soya beans for chickpeas and use turkey instead of chicken**


**Go vegetarian by using marinated tofu pieces instead of chicken.**

**Shiitake mushrooms are a natural flavour enhancer and far healthier than the monosodium glutamate used in many Chinese takeaways.**

## Pad thai

Stir-fried noodles and vegetables with a spicy, slightly sweet flavour.

 **Serves: 4**

 **Preparation:**  
**10 minutes**

 **Cooking time:**  
**15 minutes**



Each 354g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
408	63.1g	6.3g	16.7g	8.5g	1.5g	7.4g	0.38g	2 PORTIONS

### Ingredients

250g dried rice noodles  
2 tsp rapeseed oil  
6 spring onions, chopped at angle in 1cm pieces  
3 cloves garlic, crushed  
3cm fresh ginger, grated  
1 Thai chilli, finely sliced  
1 red pepper, finely chopped  
1 courgette, cut into sticks  
100g frozen broad beans  
100g baby pak choi, leaves separated  
200g beansprouts  
75g tinned pineapple in juice, drained, chopped small  
1 tbsp reduced-salt, gluten-free soy sauce  
Juice 1 lime  
15g chopped coriander  
50g unsalted peanuts, roughly chopped and toasted  
1 lime cut into wedges

### Method

- Cook the noodles according to the packet instructions, about 3 to 5 minutes. Plunge them into cold water, drain and put to one side.
- Heat the oil in a large pan or wok. Add the spring onions and stir-fry for 3 minutes. Add the garlic, ginger and chilli and stir-fry for another 2 minutes.
- Add the red pepper and courgette, stir-fry for another minute, then add the broad beans and pak choi. Stir-fry for 1 minute.
- Add the noodles, stir-fry for 2 minutes and add the beansprouts, pineapple, soy sauce and lime juice. Stir-fry for a further 2 minutes and add the coriander.
- Put into a bowl, top with the peanuts and lime wedges.

### Tips

**For a side dish, cut half a cucumber into ribbons with a vegetable peeler and add fresh coriander leaves and a squeeze of lime.**

**To add more protein to this dish, use soya beans instead of broad beans or add some tofu.**

## Channa dahl

This dish is a staple of South Asian cuisine. Lentils are an excellent source of protein, iron and both soluble and insoluble fibre.



**Serves: 4**



**Preparation:**  
**10 minutes**  
(+2 hours to soak lentils)



**Cooking time:**  
**1 hour**



Each 306g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
224	34.6g	5.9g	14.3g	1.8g	0.2g	4.3g	0.12g	1 PORTION

### Ingredients

225g yellow lentils, washed and soaked for 2 hours  
 ½ tsp red chilli powder  
 2 cloves garlic, peeled and chopped  
 ¼ tsp turmeric  
 1 tsp olive or sunflower oil  
 1 large onion, sliced  
 1 green chilli, finely chopped  
 ½ tsp garam masala powder  
 1 tbsp fresh coriander, chopped

### Method

- Place the lentils in a pan and cover with 1.2 litres of water to come about 4cm above the lentils. Add the chilli powder, garlic, turmeric and bring to the boil. Cover and cook over a low heat for about an hour, until tender.
- Heat the oil in a frying pan, add the sliced onion and fry until golden brown. Reserve a few fried onions to garnish. Now add the green chilli. Stir through the lentil mixture, then garnish with the onions, garam masala and coriander.

### Tips

**You could add extra garlic to the onions for more flavour. Thinly slice 2 to 3 cloves and cook for a few minutes with the onions.**

**Can be frozen once cooled. Defrost in a microwave then cook over a very low heat until piping hot.**

**If you don't have garlic or chillies to hand, you could use chilli powder and garlic granules, just check the label to make sure there's no added salt.**

## Paella

This is a great dish to serve when entertaining. Simply place the paella in the pan in the middle of the table and let people tuck in.



**Serves: 8**



**Preparation:**  
**15 minutes**



**Cooking time:**  
**30 to 35 minutes**



Each 227g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
404	50.6g	2.4g	33.3g	7.0g	2.0g	3.6g	1.3g	1 PORTIONS

### Ingredients

1 tbsp olive oil  
 1 onion, chopped  
 1 clove garlic, crushed  
 1 red pepper, chopped  
 8 boneless, skinless chicken thighs  
 50g thinly sliced chorizo, halved  
 Pinch saffron threads  
 1.2 litres vegetable or chicken stock  
 450g tomatoes, chopped  
 2 tsp smoked paprika  
 450g shortgrain rice, such as arborio  
 450g mixed seafood cocktail, defrosted if frozen  
 16 raw tiger prawns  
 2 tbsp fresh parsley, chopped  
 Freshly ground black pepper

### Method

- Heat the oil in a large frying pan, or paella pan if you have one. Add the onion, garlic and pepper and fry for 2 to 3 minutes until beginning to soften.
- Add the chicken thighs and chorizo and continue to fry for 4 to 5 minutes until the chicken is browned all over. Meanwhile, soak the saffron in the stock.
- Add the tomatoes, paprika and rice to the pan, then add a quarter of the stock, stir well and simmer gently until the liquid has been absorbed.
- Continue adding the stock and simmering gently, adding the seafood cocktail and the prawns with the last addition of the stock.
- Stir through the parsley and season well with black pepper and serve with lemon wedges, to garnish.
- If the rice needs a little extra cooking, you might need to add a little extra stock.

### Tips

**For a seafood version, leave out the chicken, use vegetable stock and add cubed salmon.**

**You could swap the mixed seafood and prawns for salmon and monkfish (500g).**

**No chorizo? Add an extra tsp smoked paprika.**

## Bean and mushroom enchiladas

A hearty family meal that's easy to make, cheap and nutritious.



**Serves: 4**



**Preparation:  
10 minutes**



**Cooking time:  
30 minutes**



Each 578g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
500	61.3g	15.0g	28.3g	12.4g	4.9g	17.7g	1.48g	5 PORTIONS

### Ingredients

2 tsp rapeseed oil  
2 onions, chopped  
2 cloves garlic, crushed  
1 yellow pepper, chopped  
250g mushrooms, sliced  
2 to 3 tsp chilli powder (mild or hot, to taste)  
1 heaped tsp oregano  
1 heaped tsp cumin  
1 x 400g tin chopped tomatoes  
2 tbsp tomato purée  
1 carrot, grated  
1 x 400g tin mixed beans, drained and rinsed  
1 x 400g tin green lentils  
4 large wholemeal tortillas (about 65g each)  
200g low-fat yogurt  
75g reduced-fat Cheddar

### Method

- Preheat the oven to 180°C/160°C Fan/gas 4. Heat the oil in a saucepan, then fry the onion for 2 to 3 minutes until soft. Add the garlic, yellow pepper, mushrooms, chilli powder, oregano and cumin. Stir the ingredients together.
- Add the tomatoes, tomato purée and carrot. Mix well. Bring to the boil, turn down the heat, cover with a lid, then simmer for 10 minutes, stirring occasionally.
- Add the mixed beans and green lentils, mix, then bring back to boiling point. Stir and remove from the heat.
- Spread 4 tablespoons of the chilli mixture over the base of a large ovenproof dish. Lay the tortillas onto a board and divide the rest of the chilli mixture between them. Fold over the ends and roll up to seal. Place them in a row in the ovenproof dish.
- Mix the yogurt and grated Cheddar together, and dot over the enchiladas. Bake for 12 to 15 minutes, until lightly browned. Serve with salad.

### Tips

The chilli mixture is great served on baked sweet potatoes, rice or over tortilla chips to make nachos. It is also freezable.

## Tuscan bean soup

This hearty soup makes a filling and nutritious meal, and is easily adaptable to include your favourite vegetables.



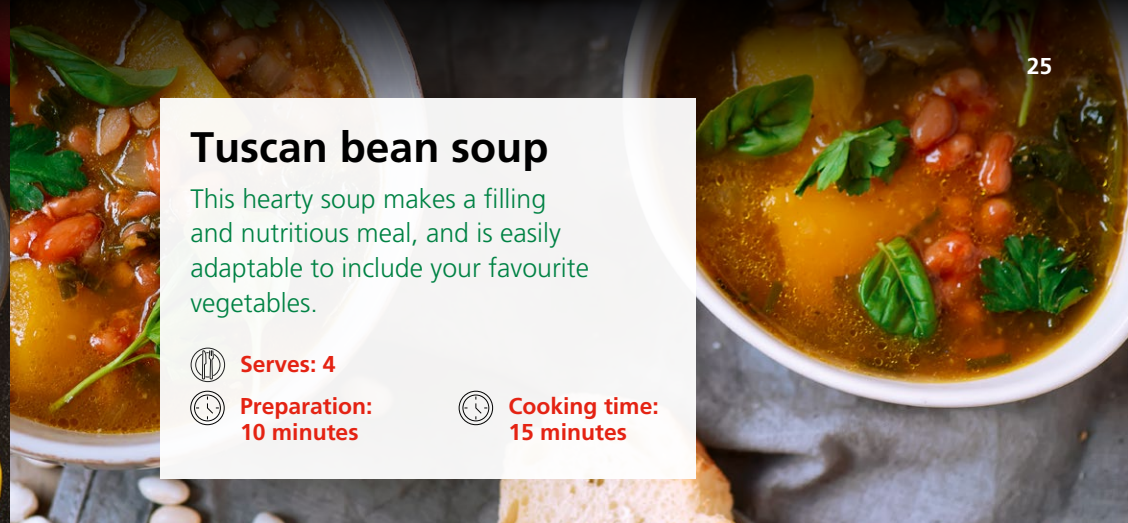
**Serves: 4**



**Preparation:  
10 minutes**



**Cooking time:  
15 minutes**



Each 396g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
147	18.6g	7.8g	7.0g	3.2g	0.2g	9.8g	0.17g	3 PORTIONS

### Ingredients

1 tsp olive oil  
1 onion, chopped  
1 yellow pepper, chopped  
1 carrot, diced  
500ml gluten-free, low-salt vegetable stock  
400g tin chopped tomatoes  
2 cabbage leaves, chopped  
1 heaped tsp oregano  
½ tsp thyme  
400g tin borlotti beans, drained  
2 to 4 cloves garlic, crushed  
2 tsp pesto  
Black pepper, a shaving of cheese, and sprigs of fresh basil, to serve

### Method

- Add the oil to a pan and mix in the onion, pepper and carrot. Stir regularly for 5 minutes until starting to brown.
- Add the stock, tomatoes, cabbage, oregano, thyme, and beans. Bring to the boil, then reduce the heat, cover with a lid and simmer for 10 minutes.
- Put into bowls, add a blob of pesto to each and sprinkle with plenty of black pepper. To serve, add a shaving of cheese, if liked, and a sprig of fresh basil, to garnish.

### Tips

This soup can be made with whatever is available. Add any vegetable, such as pumpkin, courgettes or celery. Or add beans, pasta or even meat, such as ham.

Borlotti beans are low in fat, packed with dietary fibre and a good source of protein and folate (vitamin B9).

Using a strong cheese, such as Parmesan, Grana Padano or Cheddar, means that you can use less but still enjoy great taste.

Freeze in portions then defrost in the fridge, or in a microwave stirring regularly.

## Mixed bean chilli

A great vegetarian chilli which can work with whatever pulses you have.



Serves: 4



Preparation:  
15 minutes



Cooking time:  
20 minutes



Each 398g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
407	68.0g	13.2g	16.2g	4.9g	0.6g	9.4g	0.08g	3 PORTIONS

### Ingredients

1 tbsp sunflower oil  
1 onion, finely chopped  
1 clove garlic, crushed  
1 red pepper, chopped small  
1 green pepper chopped small  
1 red chilli, deseeded and finely chopped  
2 x 400g tin mixed pulses, drained and rinsed  
400g tin chopped tomatoes  
2 tbsp tomato purée  
50g frozen sweetcorn (defrosted)  
1 tsp ground cumin  
1 tsp dried oregano  
Freshly ground black pepper  
2 tbsp fresh coriander, chopped  
200g white basmati rice, cooked using the instructions  
200g low-fat yogurt  
75g reduced-fat Cheddar

### Method

- Heat the sunflower oil in a medium pan, add the onion, garlic, red and green peppers and chilli, fry for 3 to 4 minutes until beginning to soften.
- Lightly crush half the pulses using the back of a fork. Add to the pan with the remaining pulses, chopped tomatoes, tomato purée, sweetcorn, cumin, oregano, salt and pepper.
- Bring to the boil, turn down the heat and simmer for 10 minutes. Stir through the coriander and serve with the cooked rice.

### Tips

**You can use more or less chilli, depending on how hot you like your food.**

**Why not try red or green lentils, red kidney beans or chickpeas?**

**Suitable for freezing once cooked (not rice). Then defrost in the fridge or microwave and reheat until piping hot throughout.**

## Tabbouleh

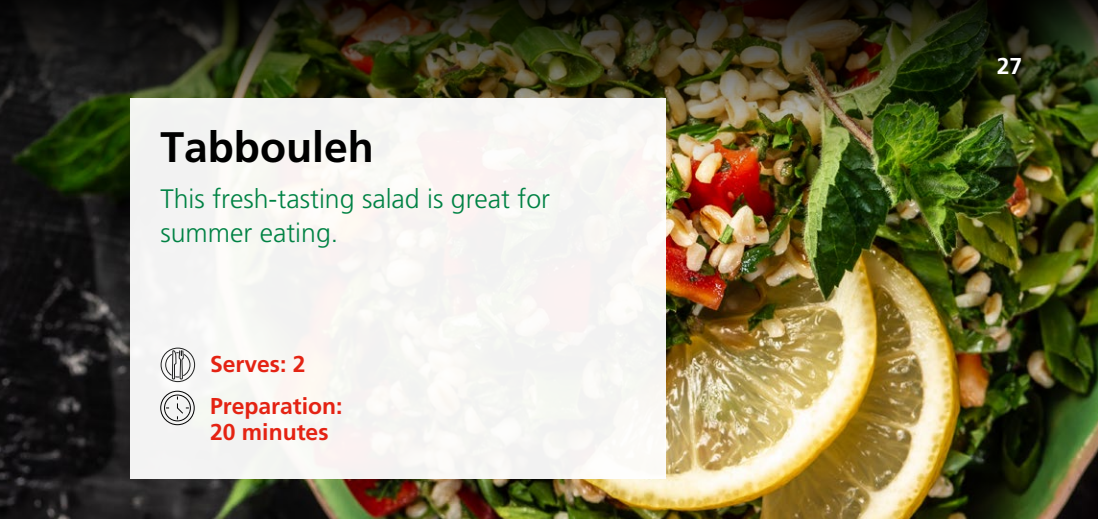
This fresh-tasting salad is great for summer eating.



Serves: 2



Preparation:  
20 minutes



Each 327g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
444	63.7g	8.8g	12.0g	13.7g	1.8g	7.7g	0.06g	2 PORTIONS

### Ingredients

150g bulgur wheat  
3 tbsp fresh parsley, chopped  
3 tbsp fresh mint, chopped  
125g cherry tomatoes, quartered  
½ cucumber, finely chopped  
1 bunch spring onions, finely sliced  
Zest and juice half lemon  
2 tbsp olive oil  
Freshly ground black pepper

### Method

- Place the bulgur wheat in a bowl and cover with boiling water. Leave to soak for 15 to 20 minutes or until the grains are tender, then drain off any remaining liquid.
- Mix together all the remaining ingredients and toss through the bulgur wheat, season and serve.

### Tips

**Use quinoa for a gluten-free alternative.**

**You can add lots of different things to tabbouleh. Try finely chopped sweet peppers, red onion, carrot, fennel or celery. Use chives or coriander and roasted vegetables such as butternut squash, courgettes and aubergines. Or add raisins nuts, seeds or pomegranate.**

**Suitable for freezing once cooked. Defrost in the fridge or microwave and reheat until piping hot throughout.**

## Fish curry

A spicy and aromatic traditional Bengali curry that's great served with rice or chapatis and salad.



**Serves: 2**



**Preparation:  
15 minutes**



**Cooking time:  
20 minutes**



Each 445g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
350	26.7g	7.2g	31.2g	11.6g	0.9g	9.4g	0.58g	1 PORTIONS

### Ingredients

600g sea bream (300g fish flesh)  
1 heaped tsp + 1 tsp ground turmeric  
1 tbsp sunflower oil  
2 tsp panch phoron  
5 green cardamom pods, bruised  
2 large onions, thinly sliced  
2cm fresh ginger, finely grated  
4 cloves garlic, crushed  
1 to 2 green chillies, chopped  
1 tsp ground coriander  
1 tsp ground cumin  
½ tsp chilli powder  
2 bay leaves  
150g potatoes, peeled and chopped  
2 tomatoes, finely chopped  
1 tbsp fresh coriander, chopped

### Method

- Coat the fish with the heaped tsp of turmeric and allow to stand for 2 minutes.
- Heat the oil in a saucepan and add the fish. Cook for 1 minute on each side, remove from the pan and place on kitchen paper.
- Add the panch phoron and cardamom pods to the pan and toast for 1 minute, stirring regularly.
- Add onion and cook for 4 minutes, stirring regularly. Add ginger, garlic and chillies and stir for a further minute.
- Add the tsp of turmeric, coriander, cumin, chilli powder, bay leaves and potatoes; stir for 2 minutes.
- Add tomatoes and 250ml water, bring to the boil, cover, turn down the heat and simmer 10 to 12 minutes until the potatoes are just cooked.
- Add the fish, put the lid back on, and simmer for 6 to 8 minutes until the fish is cooked through. Sprinkle with coriander and serve.

### Tips

**To avoid fish bones, use chunks of salmon, cod, monkfish or large prawns.**

**Panch phoron: Equal parts of black mustard, cumin, fennel, fenugreek and nigella seeds.**

## Vegetarian lasagne

Cooking and assembling lasagne can be fiddly. This recipe saves on time, but delivers on taste.



**Serves: 6**



**Preparation:  
20 minutes**



**Cooking time:  
40 minutes**



Each 409g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
357	45.1g	10.0g	14.5g	11.0g	5.6g	15.4g	0.34g	3 PORTIONS

### Ingredients

1 tbsp olive oil  
2 medium-sized onions, peeled and finely chopped  
3 garlic cloves, peeled and finely chopped  
2 tbsp tomato purée  
2 tbsp baby capers  
3 x 400g tins chopped tomatoes  
250g white cabbage  
2 handfuls of fresh basil, leaves picked and roughly chopped  
75g cooked puy lentils  
250g half-fat crème fraîche  
250g wholegrain lasagne sheets  
50g grated half-fat Cheddar cheese

### Method

Preheat the oven to 200C/gas 6.

- To make the tomato sauce, heat the oil in a large saucepan and sauté the onions, garlic, tomato purée and capers over a medium heat, stirring, for a couple of minutes.
- Add the tomatoes, rinsing the tins with a little water to stir in the sauce. Simmer for 20 minutes.
- Discard the thick stem from the cabbage and roughly chop the leaves. Add to the sauce with the basil and simmer for 5 minutes, then fold in the lentils and crème fraîche, and take off the heat.
- Scoop a thin layer of the tomato sauce into the bottom of a 20cm x 30cm baking tray.
- Add a layer of lasagne sheets, then a layer of tomato sauce and a sprinkling of grated cheese. Repeat the layers until you run out of sheets and sauce. There should be a final layer of sauce with cheese on top.
- Place in the oven and bake for 30 to 40 minutes, or until the lasagne is golden and the sheets are soft. Serve with a large salad.

### Tips

**For a lower-carb dish, use sliced aubergines instead of the lasagne sheets.**

## Potato pancakes

These pancakes are delicious served with scrambled egg, poached egg or with a little butter.



Serves: 12



Preparation:  
15 minutes



Cooking time:  
25 minutes



Each 63g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
78	10.2g	0.9g	3.6g	2.4g	0.5g	0.3g	0.12g	0 PORTIONS

### Ingredients

450g floury potatoes, peeled and chopped  
3 eggs, beaten  
¼ tsp freshly grated nutmeg  
50g self-raising flour  
2 egg whites  
Freshly ground black pepper  
1 tbsp rapeseed oil

### Method

- Boil the potatoes for 10 to 12 minutes or until tender. Drain and mash well or pass through a potato ricer. Leave to cool completely, then stir through the beaten eggs, nutmeg and flour and season well.
- Whisk the egg whites, until they form soft peaks, then gently fold through the potato mixture. Heat a little oil in a non-stick frying pan, add the mixture in spoonfuls and cook for 2 to 3 minutes until golden.
- Place on a piece of kitchen paper to absorb any excess oil, then serve.

### Tips

**Spice up your pancakes by adding ½ teaspoon turmeric and 1 teaspoon curry powder to the mixture.**

**These pancakes make a great alternative to bread to serve with soup.**

**Freeze with greaseproof paper between each pancake. Defrost for 1 hour, or in the microwave, then reheat in a pan or microwave.**

## Spicy vegetable samosas

It's amazing how you can still achieve crisp, flavoursome samosas without making pastry from scratch or frying.



Serves: 6



Preparation:  
10 minutes



Cooking time:  
20 minutes



Each 259g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
205	37.2g	4.2g	4.4g	3.4g	0.9g	9.5g	0.33g	2 PORTIONS

### Ingredients

6 mini wholemeal tortilla wraps (about 30g each), halved  
Spray oil  
2 tsp cumin seeds  
2 onions, finely chopped  
2 cloves of garlic, crushed  
1 tbsp fresh ginger, grated  
1 large sweet potato (about 300g), cut into pea-sized cubes  
750g frozen mixed vegetables  
Pinch each of garam masala, turmeric and sesame seeds  
Pinch of chilli flakes  
Squeeze of lemon juice  
1 tbsp fresh coriander, chopped  
Plain flour and water, mixed to a glue-like paste

### Method

- Cut wraps into halves ready to make into pockets for the healthy samosa.
- Spray oil into the pan on medium heat and roast cumin seeds.
- Add the onions, garlic and ginger; sauté until soft.
- Add sweet potato cut to the size of a pea and mixed vegetables. Season with garam masala, turmeric, sesame seeds and chilli flakes. Cover and cook on medium heat (add a splash of water so the mixture does not dry and helps soften the vegetables) for about 20 minutes or until soft.
- Add the lemon juice, sprinkle with the fresh coriander and allow the mix to cool.
- Use the flour and water paste to seal the straight cut side of your wrap 'pockets'.
- Fill with the cooled vegetable mixture and seal the curved side of the pocket with more paste.
- Refrigerate for ½ hour to allow the pockets to seal.
- Bake in the oven until golden (10 to 15 minutes).

### Tips

**This recipe has been created by Balance magazine cover star, Shivali, as part of her journey to diabetes remission.**



## Okra stew with shrimp and andouille

This tomato-based okra stew with shrimp and andouille is rich, hearty, and full of delicious flavour! You've never tasted okra quite like this before.



**Serves: 4**



**Preparation:  
10 minutes**



**Cooking time:  
50 minutes**



Each serving (1 bowl) contains

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt
301	21g	6g	21g	15g	3g	8g	25%

### Ingredients

3 tbsp olive oil  
 ½ large onion, halved, then cut into thick slices  
 Kosher salt and freshly ground pepper  
 450g okra (ends trimmed, sliced into 1 cm pieces)  
 3 cloves garlic, chopped  
 4 cups tinned chopped tomatoes (with their juices)  
 1 cup water  
 2 links pre-cooked buffalo andouille sausage (sliced into medium-thick discs)  
 225g raw medium shrimp (peeled and deveined)  
 1 tablespoon fresh oregano, chopped  
 Parsley, chopped

### Method

- In a frying pan or wok over medium-high heat, add 1½ tablespoons of oil. Once the oil is hot, add the onions. Sprinkle with salt and pepper, then cook, stirring frequently, for 2 to 3 minutes. Once the onion softens and is beginning to brown, transfer to a plate.
- Add the remaining 1½ tablespoons of oil to the pan and stir in the sliced okra. Cook, stirring occasionally. Once the okra begins to brown, add the garlic and cook for another 2 minutes.
- Return the onion to the pan, then add the tomatoes and cup of water. Sprinkle with salt and pepper and stir well.
- Bring the mixture to a boil, then lower the heat, cover, and simmer for about 45 minutes until the okra is tender and the stew has thickened.
- Stir in the sliced sausage and shrimp. Cook until the shrimp just stops being see through and the sausage is heated through, about 5 minutes.
- Remove the stew from heat and sprinkle with oregano and parsley.

### Tips

**Leftovers can be stored covered in the fridge and should be eaten within 2 to 3 days.**

## Ethiopian beef stew

A spicy beef stew, traditionally served with injera flatbreads.



**Serves: 4**



**Preparation:  
20 minutes**



**Cooking time:  
1½ to 2 hours**



Each 447g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
428	46.5g	10.2g	37.2g	8.1g	2.6g	14.2g	0.34g	3 PORTIONS

### Ingredients

2 tsp sunflower oil  
 500g stewing beef, cut into cubes  
 2 onions, chopped  
 3 cardamom pods  
 1 tsp coriander seeds  
 2 whole cloves  
 2 tsp cumin seeds  
 2 green chillies, chopped  
 4 cloves garlic, sliced  
 1 tsp ground cinnamon  
 1 tsp ground turmeric  
 2 green peppers, chopped  
 1 x 400g tin chopped tomatoes  
 2 carrots, chopped large chunks  
 2 potatoes (200g each), cut into chunks  
 100g red lentils  
 1 litre water

### Method

- Heat the oil in a pan and add the beef and onions. Cook for 5 minutes, stirring regularly, until starting to brown.
- Add all the other ingredients, stir and bring to the boil. Turn down the heat, cover with a lid and cook gently for 1½ to 2 hours, stirring occasionally. Serve the stew with the injera (see tips below).

### Tips

**4 injera made with 150g teff flour, large pinch salt and 180ml water and 2 teaspoons oil for frying (recipe not included in nutritional information).**


**You can use lamb or chicken instead of beef.**


**If you do not have dried lentils a tin is fine. Look for those in water without added salt and add them for the last 30 minutes of cooking. Aduki beans work well instead of lentils.**

## Vegetable pizza

Vary the toppings and create your own vegetarian pizza.

 **Serves: 4**

 **Preparation:**  
**10 minutes**

 **Cooking time:**  
**25 minutes**



Each 292g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
312	40.5g	6.0g	13.4g	9.4g	2.8g	9.1g	0.67g	2 PORTIONS

### Ingredients

1 tbsp olive oil  
1 large red onion, halved then sliced  
1 red and 1 yellow pepper, deseeded and cut into pieces  
100g mushrooms, sliced  
1 tsp level dried basil  
1 heaped tsp dried oregano  
3 to 4 cloves garlic, crushed  
2 good grinds black pepper  
4 sun-dried tomatoes, finely chopped  
2 to 3 fresh tomatoes, chopped  
2 large plain naan breads (130g each)  
125g ball reduced-fat mozzarella, thinly sliced  
8 to 10 fresh basil leaves, to serve

### Method

- Preheat the oven to 200C/gas 6. Add the olive oil to the pan with the onion and cook for 2 minutes.
- Add the peppers and mushrooms, stirring regularly for 7 to 8 minutes, so they are evenly cooked.
- Add basil, oregano, garlic, a grind of black pepper, sun-dried and fresh tomatoes. Mix well, bring to the boil, then reduce the heat, put a lid on and simmer gently for 5 minutes.
- Place naan breads onto a baking tray and spread the vegetables and mozzarella evenly over the top. Bake in the oven for 8 to 10 minutes (until the cheese has melted and the edges of the naan are lightly browned).
- Sprinkle with fresh basil leaves and black pepper before serving.

### Tips


**By cooking your vegetables first, you can get more of them onto your pizza. This makes for a healthier and tastier meal.**

**Keep a couple of naan breads in the freezer and use different combinations of vegetables – even leftovers. Freeze in greaseproof paper. Defrost for 1 hour then bake as normal.**

## Beef goulash

A hearty stew that's perfect for cold winter nights.

 **Serves: 2**

 **Preparation:**  
**15 minutes**

 **Cooking time:**  
**2 hours**



Each 554g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
372	35.0g	7.0g	33.0g	9.5g	3.5g	12.4g	0.8g	2 PORTIONS

### Ingredients

250g lean braising steak, cubed  
250g new potatoes  
2 tsp seasoned wholemeal flour  
1 tsp oil  
1 onion, chopped  
½ red pepper, chopped  
1 clove garlic, crushed  
1 tsp paprika  
1 x 200g tin chopped tomatoes  
1 tbsp tomato puree  
150ml (quarter pint) reduced salt beef stock

### Method

- Preheat the oven to 180C/160C fan/gas 4.
- Toss the steak in the seasoned flour. Heat the oil in a flameproof casserole dish, add the steak, then fry for 2 to 3 minutes until browned all over.
- Add the remaining ingredients, bring to the boil, then cover and place in the oven. Cook for 1½ to 2 hours, until the meat is tender.
- Serve with plenty of vegetables.

### Tips

**You could use lamb, venison or pork in this recipe instead of beef.**

**To make a vegetarian version, use tofu instead of beef. Reduce the cooking time by 30 minutes. Suitable for freezing once cooked. Defrost in the fridge or microwave and reheat until piping hot throughout.**

## Tandoori chicken chapati

Use leftover cooked chicken to make a great lunchtime treat.



Serves: 2



Preparation:  
10 minutes



Cooking time:  
3 minutes



Each 210g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
311	31.9g	1.9g	22.2g	10.1g	0.5g	4.8g	0.64g	1 PORTIONS

### Ingredients

½ red pepper, thinly sliced  
 ½ red onion, thinly sliced  
 Handful fresh coriander, roughly chopped  
 Juice half lime  
 1 tbsp fat-free Greek yogurt  
 1 tsp tandoori paste  
 100g cold, cooked chicken, chopped  
 2 chapatis (about 60g each)  
 2 handfuls mixed salad leaves

### Method

- Add the red pepper, red onion, coriander and lime juice to a bowl. Mix well and put to one side.
- In another bowl, mix the yogurt with the tandoori paste and then stir in the chopped chicken.
- Place the chapatis in a preheated, dry frying pan over a medium heat for 45 seconds on each side to warm them through.
- Lay the chapatis out and spread the chicken over half of each one. Add the salad leaves, and top with the red pepper and onion mixture.
- Roll them up, tucking in the sides.

### Tips

**The mix of yogurt and tandoori paste in this recipe gives you the moisture of mayonnaise without the fat. Try it mixed into cooked potatoes for a spicy potato salad.**

**If you're watching your weight, choose chapatis without fat and do not add extra fat when serving.**

**Chapatis are made with wholemeal flour so are higher in fibre and great for making a quick meal. You could fill them with salad and avocado, or use leftover lamb instead of chicken.**

## Jamaican chocho (chayote) curry

The perfect way to enjoy this unique low carb vegetable, that gets a boost of flavour into this tasty curry recipe.



Serves: 4



Preparation:  
10 minutes



Cooking time:  
20 minutes



Each serving contains (excludes serving suggestion)

KCal	Carbs	Protein	Fat
76	9g	2g	4g

### Ingredients

2 medium chochos (chayote)  
 1 tablespoon coconut oil  
 1 small onion, finely chopped  
 3 cloves garlic, minced  
 1 tsp fresh ginger  
 2 tbsp curry powder  
 ¼ teaspoon ground allspice  
 ½ teaspoon dried thyme, or 2 sprigs of fresh thyme  
 1 vegan bouillon cube  
 1½ to 2 cups water  
 1 whole Scotch bonnet pepper, or ¼ teaspoon cayenne pepper  
 Salt, to taste

### Method

- Cut chocho in half lengthwise. Remove the inner core and peel each half, chop into bite-sized pieces and set aside.
- In a large saucepan, heat oil and add onion, garlic and ginger. Cook until onion is soft, stirring constantly.
- Add curry powder, allspice and stir constantly until fragrant, about 1 minute.
- Stir in the chocho, vegan bouillon, thyme, water, whole Scotch bonnet pepper.
- Bring to a boil, cover saucepan and reduce to simmer for 15 to 20 minutes. Check the seasoning, add salt to taste. Delicious served with brown jasmine rice.

## Vegetarian shepherd's pie with sweet potato mash

A healthier twist on this classic family dish.



**Serves: 6**



**Preparation:  
15 minutes**



**Cooking time:  
30 to 40 minutes**



Each 342g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
229	39.4g	8.1g	6.7g	3.2g	0.5g	13.7g	0.45g	3 PORTIONS

### Ingredients

#### For the topping:

800g sweet potatoes  
1 heaped tsp Dijon mustard  
100ml semi-skimmed milk

#### For the filling:

1 tbsp rapeseed oil  
1 large onion, finely chopped  
1 carrot, finely chopped  
4 mushrooms, finely chopped  
Good pinch thyme  
400g tin chopped tomatoes  
400g tin puy lentils  
Good pinch white pepper  
1 vegetable low-salt stock cube, dissolved in 100ml boiling water  
1 tbsp reduced-salt soy sauce

### Method

- Preheat the oven to 200C/ gas 6. For the topping, peel and roughly chop the sweet potatoes and add to a pan of boiling water, cooking for 15 to 20 minutes, until soft.
- Drain, then season with salt and pepper, and beat in the mustard and milk with a wooden spoon until the mash is smooth and creamy.
- To make the filling, add the oil to a pan, add the onion and cook for 5 minutes, stirring regularly.
- Add the carrot and mushrooms; cook for a further 5 minutes until the onions are golden brown.
- Add thyme, tomatoes, puy lentils, pepper, stock and soy sauce. Stir, bring to a gentle boil, turn down the heat, cover and simmer gently for 5 minutes.
- Put the lentil mixture into an ovenproof dish and top with the potato.
- Bake for 15 to 20 minutes until golden brown. Serve with green vegetables.

### Tips

**Need gluten free? Use a GF soy sauce, stock cube and a suitable mustard.**

**Use a fork to create peaks in the potato, for a crispy topping.**

Microwave mug:

## Apple and cinnamon fruity porridge

This fruity porridge is warming, filling and quick to make – ideal for a healthy start on a cold morning.



**Serves: 1**



**Preparation:  
2 minutes**



**Cooking time:  
2 minutes**



Each 263g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit / veg
212	36.2g	5.5g	5.6g	3.8g	0.9g	12.4g	0.04g	1 PORTIONS

### Ingredients

35g porridge oats  
1 tsp artificial sweetener  
1 tsp cinnamon, plus pinch to top  
1 small apple, chopped small  
25ml semi-skimmed milk

### Method

- Add the oats, sweetener, cinnamon and apple to a mug and mix.
- Add 100ml water and cook at full power (800W) for 2 minutes.
- Add the milk, mix and sprinkle a little cinnamon on the top.

### Tips

**You could use pear or banana instead of apple, or add a little dried fruit, such as prunes or raisins.**

**Try adding a few chopped nuts, or sunflower or pumpkin seeds.**



## Meal plan



# What about these ideas?

Here are some ideas to get you started. Please choose 1 option for each meal.

### Breakfast

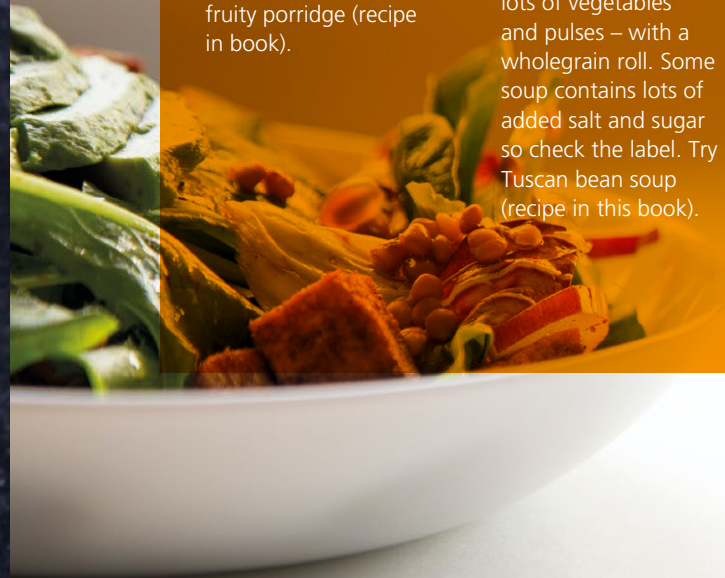
- A bowl of wholegrain cereal, such as porridge, with semi-skimmed milk.
- 2 slices of wholegrain toast with unsaturated low-fat spread.
- Low-fat and low-sugar yogurt and fruit.
- Apple and cinnamon fruity porridge (recipe in book).

### Lunch

- An egg, cheese, fish or chicken salad sandwich, made with wholegrain bread or chapati/roti made with wholemeal flour.
- A small pasta salad, with plenty of vegetables.
- Soup – containing lots of vegetables and pulses – with a wholegrain roll. Some soup contains lots of added salt and sugar so check the label. Try Tuscan bean soup (recipe in this book).

### Dinner

- Pasta with a homemade vegetable or chicken sauce, using a small amount of wholemeal pasta.
- Chicken thighs, wrapped in bacon and roasted, served with a couple of new potatoes and green beans.
- Creamy cauliflower cheese with plenty of green vegetables or a leafy green salad.
- Fajitas made with any meat, Quorn™ or tofu, sliced peppers, onions and spices served in a wrap with guacamole (or avocado), fresh diced tomato and sour cream.



# Eatwell Guide: South Asia



Water, lower-fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day

**Fruit & vegetables**  
Eat at least 5 portions of a variety of fruit and vegetables every day

**Potatoes, bread, rice, pasta & other starchy carbohydrates**  
Choose wholegrain or higher fibre versions with less added fat, salt and sugar



**Beans, pulses, fish, eggs, meat and other proteins**  
Eat more beans and pulses, 2 portions of sustainably sourced fish each week, one of which is oily. Eat less red and processed meat

**Dairy and alternatives**  
Choose lower-fat and sugar options.

**Oil and spreads**  
Choose unsaturated oils and use in small amounts

Use the NHS Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

# Eatwell Guide: African & Caribbean

**Fruit & vegetables**  
Eat at least 5 portions of a variety of fruit and vegetables every day

**Potatoes, bread, rice, pasta & other starchy carbohydrates**  
Choose wholegrain or higher fibre versions with less added fat, salt and sugar



**Beans, pulses, fish, eggs, meat and other proteins**  
Eat more beans and pulses, 2 portions of sustainably sourced fish each week, one of which is oily. Eat less red and processed meat

**Dairy and alternatives**  
Choose lower-fat and sugar options.

**Oil and spreads**  
Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Check the label on packaged foods. **Choose foods lower in fat, salt and sugars**

Each serving (150g) contains:

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ / 167 Kcal

<b>Monday</b>	Date:

<b>Tuesday</b>	Date:

<b>Wednesday</b>	Date:

<b>Thursday</b>	Date:

<b>Friday</b>	Date:

<b>Saturday</b>	Date:

<b>Sunday</b>	Date:







# More recipes

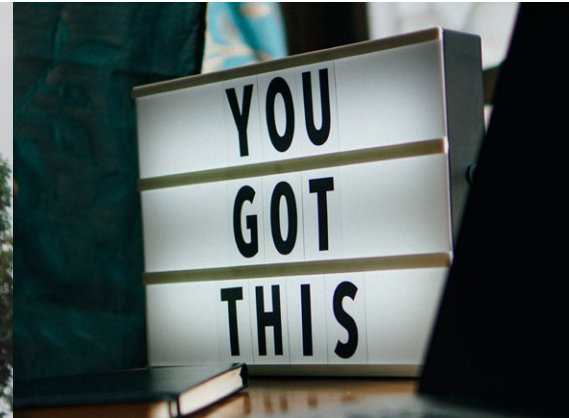
If you want to try different recipes, there are even more available online.

## Diabetes UK

Most of the recipes included in this booklet were found here  
[www.diabetes.org.uk/guide-to-diabetes/recipes](http://www.diabetes.org.uk/guide-to-diabetes/recipes)

## British Heart Foundation

Other recipes came from  
[www.bhf.org.uk/information-support/support/healthy-living/healthy-eating](http://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating)



## Next steps

Speak to your midwife, health visitor or GP for other ways to stay well.

**Remember that gestational diabetes is affected by the hormones released by the placenta. It is not your fault if you need more support through medicine.**

**About 3 months after your baby's birth, ask for a type 2 diabetes blood test. Have this tested every year.**

**Breastfeeding and keeping active can help reduce the risk of developing type 2 diabetes.**

## Thank you

Special thanks to Pauline Cross, Toyin Adeyinka, Caron Gooch, Gwenda Scott, Lakhvinder Matharu, Chereese Reid, Deborah Rickets and the women/birthing people in Lewisham who reviewed the content.

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Created by Laura Bridle, population health fellow at Health Education England, and perinatal mental health midwife.



The maternity services based within South East London NHS Trusts recognise that expectant women and birthing people require very special attention. Our dedicated teams are here to help you through your pregnancy and birth and provide you with the best care to suit your individual needs. We are happy to look after you during your pregnancy journey.

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**<https://myhealth.london.nhs.uk/maternity/south-east-london>**

Please note that all information is correct at the time of print.

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