Carbohydrate Counted Cookbook

Evelina London
Children's Hospital

NHS
King's College Hospital
NHS Foundation Trust

This recipe book has been many years in the making. We have wanted to create a recipe book that demonstrates the diversity of food eaten within our local area.
Firstly, we would like to thank the families who kindly provided their family recipes. All families with children and young people who attend diabetes services at The Evelina London and Kings College Hospital along with staff in both teams were approached to share family favourite recipes. These recipes were then carbohydrate counted by the dietitian's in both teams.

This recipe book has come together with support from the paediatric diabetes teams at the Evelina London and Kings College Hospital to support KEDS Kids. KEDS Kids is our local charity which supports group education sessions and funding of necessary resources to support families living with diabetes in the local area.

We hope that these recipes provide support at meal times for all of the families who use our services. Therefore, we are making this recipe book available to all families and asking if you have the ability to donate to the KEDS Kids charity to support Diabetes Care in South East London to please do so using the QR code below.

If you would like your family recipes included in the next addition please contact the dietitian within either team.

Kings and Evelina Diabetes Support KIDS
KEDS kids

Chicken Fried Rice

3 servings

27g Carbohydrate per portion
80g Carbohydrate full recipe

INGREDIENTS

250g uncooked Rice
X1 cubed Chicken breast
X 1 diced onion
Soya sauce – to taste
X2 cups Mixed frozen vegetables
Spice – Ginger, paprika, black pepper, cayenne pepper & mixed herbs- to taste.
Salt- to taste
Grated fresh Ginger (optional)
Fresh Garlic (optional)
Chili oil (optional)

DIRECTIONS

1. Cook 250g of plain rice as per pack instruction
2. In a pan add a tablespoon of oil of choice until heated
3. Add chopped chicken, spice& salt to pan until cooked
4. Remove chicken from pan
5. Add tablespoon of oil to pan
6. Add diced onion to pan to slightly brown
7. Add grated ginger and garlic and stir fry for approx. 3mins
8. Add frozen vegetables & soya sauce until cooked
9. Add cooked chicken
10. Add cooked Rice & soya sauce and still fry until all
11. Ingredients mixed together

Add optional chili oil and enjoy

Gluten Free (if gluten free soya sauce used)

Baked Mac and Cheese

8 servings

20g Carbohydrate per portion
158g Carbohydrate full recipe

INGREDIENTS

- 1 ½ cups of macaroni pasta
- ¼ teaspoon salt
- 1 pack of cheddar cheese sauce mix (Coleman's used for analysis)
- 300mls semi skimmed milk
- 1 cup shredded mozzarella and cheddar mix
- 1 cup shredded red Leicester cheese
- 1 tsp of tropical seasoning
- 1 tsp of everyday seasoning
- 1 tsp meat seasoning.
- 1 tsp garlic powder
- ½ tsp paprika

DIRECTIONS

1. Pre heat oven to 1800c
2. Boil the pasta with a pinch of salt – until softish but not fully cooked.
3. Add 300mls of milk to a pan on a low heat, add the cheese sauce mix and whisk until smooth.
4. Add the seasonings, ¼ cup of red Leicester and ¼ cup mozzarella and cheddar cheese mix.
5. Once the sauce thickens to a creamy consistency remove from the heat.
6. Add the cheese sauce to the partially cooked pasta and mix well.
7. Put the pasta and sauce into an oven proof dish and smooth.
8. Add the remaining cheese to the top of the dish and bake for approximately 30 minutes (until the cheese is caramelised). Check regularly to ensure the cheese doesn't burn.

Vegetarian

Irish Soda Bread

Carbohydrate in full loaf 390g

INGREDIENTS

- 450g plain flour plus approx. 1 tablespoon extra for dusting
- ½ tsp salt
- ½ tsp bicarbonate of soda
- 400mls buttermilk

Tip: If you cannot find buttermilk use regular cow's milk (same volume), add 1 tbsp of lemon juice, stir and leave to sit for 30 minutes before using.

DIRECTIONS

1. Pre heat oven to 250oc
2. Sieve dry ingredients into a large mixing bowl and create a well in the centre
3. Pour all of the milk into the flour mixture
4. Using 1 hand (hold the bowl with the other hand) mix everything together – this works best with your fingers outstretched and in a circular motion until the dough if soft but not too wet and sticky
5. Once combined turn out on to a floured surface (using the extra 1 tbsp of flour above)
6. With cleaned hands tidy up the dough by tucking any extra dough underneath creating a round shape – do not overwork the dough
7. Place on a baking tray.
8. Cut a large cross into the dough (cut approx. ¼ of the depth of the dough), creating 4 sections and piece each section with your knife.
9. Bake in pre heated oven for 15 minutes
10. Turn oven down to 200oc and bake for a further 30 minutes, you can check if cooked by tapping bottom of loaf (it should sound hollow).
11. Cool on a wire rack before serving.

Vegetarian

Lentil Pasta

6 servings

58g Carbohydrate per portion
347g Carbohydrate full recipe

INGREDIENTS

- 100g brown lentils
- 1 tin chopped tomato
- 4 sticks of celery - chopped
- 200g chopped carrots
- 3 cloves of garlic
- 1 onion
- 2 tbsp olive oil
- 2 tablespoon natural yoghurt
- Salt and pepper to taste
- Grated cheese to serve if desired.
- Dried oregano and parsley.

DIRECTIONS

1. Wash the lentils and set aside
2. Heat oil in a pan, meanwhile blend the garlic, onion and tomatoes then add to the pan.
3. Add salt and pepper to taste
4. Added chopped celery, carrot and lentils
5. Cook for 30 minutes
6. Cook the pasta according to pack.
7. Serve with cheese and dried oregano and parsley.

Vegetarian

Maliheh's Iranian Barberry Rice (Zeresch Polow)

6 servings

66g Carbohydrate per portion
400g Carbohydrate full recipe

INGREDIENTS

- 2 cups (380g) basmati rice
- 1 tablespoon coarse salt
- 3 tablespoons extra-virgin olive oil
- 1/4 teaspoon finely ground saffron
- 1 1/2 tablespoons granulated sugar
- 1 small onion, sliced thinly
- 1/4 cup slivered almonds
- 1/2 cup (90g) dried barberries soaked in 1/4 cup boiling water

DIRECTIONS

1. Wash the rice: Place the rice in a large, deep bowl and add enough cold water to cover. Swirl the rice around with your hand until the water is cloudy and then gently pour it off. Repeat 4 to 5 times or until the water is mostly clear.
2. Add enough water to the rice to cover by 1 inch and add 1 1/2 teaspoons of the salt. Mix once gently and then set aside for at least 1 hour and up to overnight.
3. Bring 6 cups of water to a boil in a large deep pot, preferably nonstick. Add the remaining 1 1/2 teaspoons salt and 1 tablespoon of the oil. Drain the rice and add it to the pot. Reduce the heat to medium and cook the rice for 12 minutes, stirring once or twice. Drain.
4. Pour 1 tablespoon of the oil into the same pot in which you boiled the rice. Add 1/4 cup of water. Mix well. Using a large spoon or spatula, spoon the rice, one spoon at a time, into the middle of the pot. Continue until all the rice is used and forms a "pyramid" or mound in the middle of the pot. Cover the pot with a clean kitchen towel or double layer of paper towels and then firmly press the pot lid on top. Fold up the edges of the towel over the top of the lid so it is not near the flame. Cook on the lowest heat setting for 20 to 25 minutes.

DIRECTIONS CONTINUED

5. While the rice is cooking, prepare the zereshk mixture. Dissolve the saffron in a small bowl with 5 tablespoons of boiling water and set aside to steep.
6. Heat the remaining 1 tablespoon of oil in a medium frying pan over medium-low heat until shimmering. Add the onion and fry until beginning to soften and lightly browned, 2 to 3 minutes. Add the almonds and fry until they begin to lightly brown, 1 to 2 minutes.
7. Reduce the heat to low. Drain the barberries and add them to the frying pan. Fry for 1 minute, stirring the whole time. Sprinkle with 1 1/2 tablespoons of sugar. Fry, stirring, until the sugar dissolves, about 1 minute. Add 3 tablespoons of the saffron liquid. Stir well and simmer until the liquid is almost totally evaporated, about 2 minutes. Remove from the heat, and set aside 1 teaspoon for garnish.
8. Assemble the dish: Remove the lid from the rice pan and, using a fork, gently fluff the rice. Remove 2 tablespoons of rice and add it to the bowl with the remaining saffron liquid. Stir gently to coat and set aside.

Spread 1/3 of the rice onto a platter. Add 1/3 of the barberry mixture on top and gently stir together. Repeat this layering until all the remaining rice and barberry mixture are used up (reserve the rice pan). Sprinkle the reserved saffron-soaked rice on top.

Vegan
Gluten Free

Maliheh's Iranian Joojeh Kebab

4 servings

8g Carbohydrate per portion
31g Carbohydrate full recipe

INGREDIENTS

- 4 skinless and boneless chicken breasts
- 1 large cup (400g) natural plain yoghurt
- 1 onion sliced
- ⅓ cup olive oil extra virgin
- juice of 1 lemon
- 1/4 cup saffron water
- a little salt

DIRECTIONS

1. Cut skinless chicken breasts in to 1.5 inch cubes.
2. Mix the yoghurt, sliced onion, olive oil, lemon juice, saffron water and salt together in a large bowl.
3. Add the diced chicken in to the bowl and cover with mixture. Cover the bowl and leave to marinade in the fridge overnight.
4. Put chicken cubes on skewers and then in an oven proof dish.
5. Cover in foil and bake in a pre-heated oven at 200 degrees celcius for 30 minutes or until chicken not pink.
6. Once cooked remove cover and either grill on high heat for 5-10 minutes or transfer to a barbeque for 5-10 minutes until lightly charred on outside.

Gluten Free
Serve with Pitta bread or Maliheh's Iranian Barberry Rice (Zereshk Polow) recipe. (remember to add carbohydrate)

Jess' Maltese Baked Rice

6 servings

71g Carbohydrate per portion

426g Carbohydrate full recipe

INGREDIENTS

- 500 g rice long grain
- 500 g beef mince (can also use pork)
- 400 ml tomato sauce (passata)
- 1 small white onion diced
- 3 garlic cloves minced
- 1 tbsp tomato paste
- 1/2 tsp curry powder
- 1 tsp mixed spice
- 1/2 tsp paprika
- 1 tsp oregano
- 1 tsp thyme
- 1 tsp rosemary
- 2 bay leaves
- 1 tbsp olive oil
- 1 tsp salt & 1 tsp black pepper extra for the top part
- 2 eggs
- 50 g parmesan cheese or any grated cheese

DIRECTIONS

1. In a large pan or pot, heat the olive oil and fry the onion for a few minutes until translucent. Add the garlic and let cook for another minute.
2. Add the thyme, oregano, rosemary, curry, mixed spice and paprika and mix well with the onion and garlic. Add the tomato paste and let it cook for about 3 minutes.
3. Once the base is ready, add the minced meat, let cook for a few minutes until you get a nice brown colour. Season with salt and pepper.
4. Lastly, add the tomato passata and the bay leaves. Bring to a light boil, cover the pot and let it simmer on low heat for about 1 hour, stirring it occasionally.
5. Preheat the oven to 180°C or 350°F.
6. Wash the rice in cold water until the water is clear.
7. During the last half an hour, bring to a boil a pot filled with water. Once it starts to boil, season with salt. Add the rice and cook on low heat for about 5 minutes. The rice shouldn't be cooked all the way.

DIRECTIONS CONTINUED

8. Once the sauce is done, remove the bay leaves and discard. Mix the rice together with the sauce
9. In a separate small bowl mix together, the raw eggs and half of the grated cheese and add it to the already mixed rice. Mix well.
10. Place the mixed rice in the dish and gently press it down to pack it in. Cover the top layer with the remaining grated cheese and sprinkle extra black pepper on top.
11. Bake the dish on the middle rack of your oven for about 45 minutes.
12. Once ready, let it rest for a few minutes before slicing through so that the rice bake doesn't break completely.

Gluten Free

Moroccan K'dra

10 servings

69.5g Carbohydrate per portion

695g Carbohydrate full recipe

INGREDIENTS

- 1kg of couscous prepared as per pack
- 1 chicken or 1kg of mutton / knuckle of veal
- 1 tsp pepper
- ½ tsp saffron
- 100g butter for the stock
- 100g butter for mixing with the couscous after cooking
- 100g butter for cooking onions
- 3kg onions
- 1 stick cinnamon
- 1 cup of honey
- 5 litres water
- Salt to taste

DIRECTIONS

1. Put the water into a large pot with the salt, pepper, saffron, cinnamon, chicken or meat (cut up into pieces), 2 sliced onions and 100g of butter.
2. Bring to the boil and cover with a well fitting lid, allow to cook for 30 minutes, check the meat is cooked and remove from the stock if it is (cook for longer if not yet cooked).
3. In a separate pot boil the remaining sliced onions, drain and then brown well in 100g of butter. Then add a tsp cinnamon, honey and a pinch of salt and cook for 5 minutes (mixing regularly).
4. Make the couscous as per pack instructions and mix 100g of butter and mix as much of the stock as the couscous will absorb.
5. Heap the couscous onto a large dish and form a cone in the centre. Add the meat and onions into the centre of the couscous.
6. Serve any additional sauce on the side for those who prefer it.

Tfaya Meat Tajine

6-8 servings

Recipe is carbohydrate free

INGREDIENTS

- 1 ½ kg meat (mutton shoulder and chops or veal knuckle)
- 200g of almonds – skin removed
- 6 hard-boiled eggs
- 1 tsp pepper
- Salt to taste
- 2 tablespoons of saffron
- 2 grated onions
- 1 small bunch of coriander tied together
- 1 heaped tablespoon chopped coriander
- 150g butter

DIRECTIONS

1. Cut the meat into pieces weighing approx. 150g each, rinse and place into a thick bottomed saucepan with salt, pepper, butter, saffron, grated onions, skinned almonds (or save until the end, see top below) and a small bunch of coriander.
2. Cook over a medium heat, stirring from time to time, add water if too dry
3. Towards the end of cooking remove the bunch of coriander, add the chopped coriander and boil the sauce down without lid.
4. Remove from the heat when the meat is cooked (it breaks easily apart)
5. Arrange in a round dish with the almonds (see tip below) and hard boiled eggs cut lengthways on the top, pour any remaining sauce over the top.

Tip: If preferred the almonds can be fried in oil just before servings and added to the dish at the last minute instead of cooking with the meat.

Gluten Free

Remember to add the carbohydrate for food meal is served with

Nikki's Roasted Plantain with Grilled Sea Bass

1 serving

104g Carbohydrate

INGREDIENTS

- 2 yellow ripe plantain (approx. 180g each)
- 1 Medium size sea bass
- 2 tbsp vegetable oil
- Few leaves of parsley (optional)
- 1 teaspoon garlic powder
- 1 stock cube (chicken / vegetables / beef) seasoning
- Pinch of salt and white pepper to taste

DIRECTIONS

1. Preheat your oven to 1800c
2. Clean and descale your fish thoroughly
3. Make a marinade with the vegetable oil, garlic powder, stock cube, salt and white pepper.
4. Rub ½ the marinade on the fish and leave aside for at least 1 hour
5. After 1 hour rub the remaining marinade on the fish.
6. Wash the plantains and peel off the skin
7. Place the fish and plantains on a grill rack and transfer them to the hot oven.
8. Cook in the hot oven for 20 minutes on each side – until they are well done
9. Ensure plantains are turned from time to time to allow them to roast evenly.
10. Serve with sauce of your choice to dip the plantains in (ensure carbohydrate added if carbohydrate in sauce).

Enjoy!

Gluten Free

Pasta with Spinach and Basil

6 servings

57.5g Carbohydrate per portion
345g Carbohydrate in recipe

INGREDIENTS

- 440g spinach (washed)
- 2 fresh tomatoes
- 1 onion
- 3 cloves of garlic
- 5-10 fresh basil leaves of pinch of dried basil to taste
- 1 tbsp olive oil
- Salt and pepper to taste
- 500g dry pasta of choice
- Grated cheese to serve if desired.

DIRECTIONS

1. Put oil in a pan and saute the onion and garlic, after 2 minutes add the spinach, tomato, salt and pepper.
2. Cook for 5 minutes
3. Allow to cool for 20 minutes
4. Blend with the basil to create a paste
5. Cook the pasta according to pack and once cooked mix through the spinach paste while the pasta is still hot to heat through.
6. Serve with cheese and fresh basil on top.

Vegetarian / Vegan if cheese not added

Ghanian Puna Yam and Egg Stew

2 servings

80g Carbohydrate per portion

120g Carbohydrate in recipe

INGREDIENTS

- Tuber of Puna Yam
- 3 large Eggs
- 4 Fresh tomatoes cut in cubes
- 1 onion
- Handful of spinach
- Salt
- Spices - curry powder, paprika powder, chilli flakes, ginger powder, black pepper, Cayenne pepper & dried mixed herbs.
- Handful of Spinach

DIRECTIONS EGG STEW

1. Heat a tablespoon of oil in a pan
2. Add diced onion and fry for about 2mins
3. Add a pinch of salt and spices, stir and fry to slightly brown
4. Add cubed tomorrows and stir - cook until slightly soft
5. Add 3 cracked eggs to the onion and tomatoes add salt to taste and stir
6. Cover with lid for approx. 2 mins
7. Open lid and stir
8. Once egg is cooked add handful of spinach and turn off heat

DIRECTIONS YAM

1. Cut 8 medium slices of yam in round circles (approx. 60g weight each)
2. Cut the circle of yam slices in half
3. Wash yam thoroughly
4. Add enough water to cover the yam and add salt
5. Place on medium heat and cook till yam is soft. Yam is cooked if a fork goes through it easily.
6. Drain the yam and serve immediately.

Vegetarian
Gluten Free

Salmon with Spiced Rice

3 servings

85g Carbohydrate per portion
254g Carbohydrate in recipe

INGREDIENTS

- 1 bell pepper
- 1 medium fresh tomato
- 3 cloves of garlic
- 1 onion
- 100g coriander
- 2 black cardamom pods
- 1 stick of cinnamon
- 1 tsp of garam masala
- 2 tsp salt
- 2 tbsp 0% natural yoghurt
- 4 tbsp olive oil
- 400mls boiling water
- 300g washed basmati rice

Salmon Ingredients: 1 Fillet of Salmon per person

Juice 1/2 lemon

1 tsp soya sauce

2 cloves garlic grated

1/2 tsp paprika

1/2 tsp cajun seasoning

DIRECTIONS

1. Blend the tomato, coriander, garlic, bell pepper and onion
2. Add oil to a heated pan, add the cinnamon stick and cardamom, then add the tomato mixture along with the yoghurt and salt and allow to cook on the lowest heat for 10 minutes
3. Add 400mls of boiling water and 300g rice and cook on the lowest heat for 25 minutes (if rice is not yet cooked add 2 tbsp water continue to cook until soft)
4. Meanwhile mix the ingredients for the salmon marinade and then fully coat the salmon fillets
5. Cook the salmon in a medium oven (approx. 1800c) for 30 minutes until salmon cooked through.
6. Remove the cinnamon and cardamom from the rice before serving.

Gluten Free

Sausage and Mash

1 servings

52g Carbohydrate per portion

INGREDIENTS

- 250g boiled potatoes
- Tablespoon of butter
- 50mls of milk
- 2 sausages
- Handful of mixed vegetables
- 4 tablespoons of gravy (made up according to pack).

DIRECTIONS

1. Preheat oven to 1900c
2. Cook sausages in oven for 22 minutes, turning half way through.
3. Once the potatoes are cooked add the butter and milk and mash together
4. Boil the vegetables
5. Make the gravy as per pack
6. Serve and enjoy.

Gluten Free (if sausages used are gluten free
Carbohydrate does not include any for sausages- ensure sausages used are carbohydrate free

Turkey Mince and Pasta

4 servings

40g Carbohydrate per portion
160g Carbohydrate in recipe

INGREDIENTS

- 500g lean turkey mince
- 1 onion diced
- 2 carrots chopped in to rounds
- 3 tbsp tomato puree
- 2 stock cubes dissolved in 600mls water
- 234g dry whole-wheat spaghetti
- Splash of oil

DIRECTIONS

1. Heat up oil in a frying pan then add the onion and mince
2. Once browned add the carrots and tomato puree
3. Mix well and then add stick
4. Bring to the boil then allow to simmer for 15 minutes, stirring occasionally.
5. Cook spaghetti as per pack instructions

Dairy free

Sri-Lankan Cabbage Varai

4 servings

Recipe is carbohydrate free

INGREDIENTS

·1 tbsp coconut oil
·1 tsp black mustard seeds
·1 tsp cumin seeds
·1 tsp red chilli flakes
·6 curry leaves
·1 onion, diced
·4 garlic cloves, minced
·500g cabbage, shredded (roughly ¼ cabbage)
·1 -2 carrots, grated
·½ red onion sliced
·1 tsp turmeric
·Salt to taste
·3 tbsp shredded coconut*
·Juice of ½ lime

*You can use desiccated coconut too. In a small bowl, mix it together with a few tablespoons of water. This will rehydrate the coconut.

DIRECTIONS

1. Heat the oil in a frying pan on a medium heat.
2. Fry the mustard and cumin seeds for roughly 30 seconds until the seeds start to pop.
3. Add the chilli flakes, curry leaves and onion. Sauté for a few mins until the onions brown.
4. Stir through the garlic, cabbage, carrot, turmeric and salt. Cook for around 5-10 mins on medium to low heat until the cabbage shrinks and chars.
5. Mix in the shredded coconut and heat through.
6. Turn off the heat and stir through the lime juice.
7. Serve with basmati rice.

Gluten Free

Vegan

Remember to add the carbohydrate for food meal is served with

Sri-Lankan mildly spiced pineapple curry

4 servings

9g Carbohydrate per portion

35g Carbohydrate in recipe

INGREDIENTS

- 1 medium-sized Pineapple cleaned and cut into thick cubes.
- 3 tablespoons of oil
- 1 sprig of curry leaves
- 1 large onion cut into slices
- 1 green chilli chopped
- 3 cardamom pods slightly bruised
- 1 teaspoon turmeric powder
- ½ teaspoon mustard seeds
- 1 cup of coconut milk (120-150ml)
- 1 teaspoon sugar (optional)

DIRECTIONS

1. Cut off crown and end of pineapple, keep pineapple standing and slowly trim the skin.
2. Slice pineapple in to thick rounds and trim any skin remaining, then cut rounds in to 1-inch cubes.
3. Place a large frying pan or heavy base wok over a medium heat and pour in 3 tablespoons of oil (can be any cooking oil e.g. vegetable, coconut) and heat for a few seconds.
4. Once oil is hot then add the curry leaves, onion, green chillies, cardamom, turmeric powder. NOTE: if you want a spicier curry you can add an additional 1 teaspoon of dried chillies and curry powder.
5. Cook the ingredients for 5 minutes over a low heat until the onion slices turn translucent.
6. Next add the mustard seeds to the pan and sauté for 3 minutes over a medium heat.
7. Add the pineapple to the tempered ingredients, reduce heat to low and combine with ingredients in the pan for 5 minutes. Season with a little salt whilst the pineapple cooks.

DIRECTIONS CONTINUED

8. Maintain the low heat and pour in the coconut milk. Cover and simmer for 15-20 minutes or until the pineapple cubes turn soft.
9. If you want to add a bit of sweetness to the curry then add the teaspoon of sugar and mix before removing from the heat.
10. Serve warm with rice.

Vegan
Gluten Free
Serve with basmati rice, remember to add the carbohydrate to the total
If not including the tsp of sugar remove 5g carbohydrate from the total calculation

Sri Lankan Beetroot Curry

4 servings

7g Carbohydrate per portion

28g Carbohydrate in recipe

INGREDIENTS

- 2 x large beetroots
- 1 x white onion
- 1 inch grated fresh ginger
- 1 x bunch of curry leaves
- 1 x teaspoon of black mustard seeds
- 1 x handful of cashew nuts
- 1 x teaspoon salt
- 1 x teaspoon of chilli powder
- 1 x teaspoon of turmeric
- 1 x teaspoon of cumin
- 1 x teaspoon of garam masala
- 1 x tin coconut milk (400ml)
- Sprinkle of desiccated coconut

DIRECTIONS

1. Soak the beetroot in cold water for 5 minutes, then peel the skin and chop in to matchstick size pieces.
2. Dice the onion and grate the ginger.
3. Fry a drizzle of oil over medium heat in a non-stick heavy based pan.
4. Add the diced onion, ginger, curry leaves and black mustard seeds to the pan and saute for 5 mins.
5. Next add a handful of cashew nuts.
6. Add the chopped beetroot and sweat in the pan for 5 minutes.
7. Add the salt, chilli powder, turmeric, cumin and garam masala.
8. When the veg has started to soften (around 12 mins of cooking with the lid on) add 1 tin of coconut milk and a sprinkling of desiccated coconut.
9. Stir and then return the lid for a further 15 minutes.

Vegan

Gluten Free

Serve with basmati rice / roti / naan, remember to add this to the total carbohydrarte

Betty's Quick Jollof Rice with Chicken and Veg

3 servings

70g Carbohydrate per portion
210g Carbohydrate in recipe

INGREDIENTS

·250g uncooked washed basmati rice
·Tomato paste
·Chicken leg portion per person
·Frozen/fresh vegetables of cauliflower, broccoli and green beans
·Dried Spice – Ginger, paprika, black pepper, cayenne pepper, curry powder, mixed herbs & Rosemary – judge amount based on spice level desired.
·Chili flakes (Optional)
·Salt
·Cooking oil
·X1 peeled Onion
·X1 Scotch bonnet pepper (Optional)
·Handful of Fresh Thyme
·X1 Fresh Garlic clove
·Knob of Fresh Ginger

DIRECTIONS JOLLOF RICE

1. In a pot add x6 tablespoon of oil of choice till heated
2. Add x2 tablespoons of tomato puree to oil and stir
3. Add salt to taste and stir
4. Add dried spices of ginger, paprika, black pepper, cayenne pepper, curry powder & Rosemary.
5. stir and cook until tomato puree is cooked/ darkened in color.
6. Lower the heat, wash rice and add to pot with tomato puree.
7. Cover the rice with water an inch above the rice and stir
8. Add Salt to taste
9. Cover the pot with the lid for about 10 minutes

DIRECTIONS JOLLOF RICE CONTINUED

10. Stir and cover with parchment paper – the water should be mostly soaked by the rice at this point, if not wait till this has happened.
11. Lower the heat further once parchment is on the rice and cover with the lid.
12. Stir occasional as required and cook until rice (Allow the steam to cook the rice) has been fully cooked.

DIRECTIONS SPICY CHICKEN

In a blender add the below ingredients and blend till smooth

- X1 Onions
- X1 Scotch bonnet pepper
- Handful of Fresh Thyme
- X1 Fresh Garlic
- Knob of Fresh Ginger
- Salt to taste

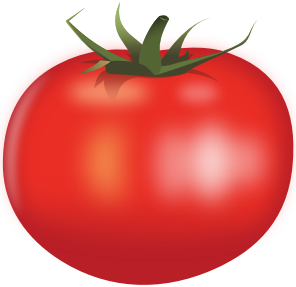
1.In a bowl add chicken leg portions
2.Add x1 tablespoon of oil to the chicken
3.Add x 1 tablespoon of the blended mixture to the chicken. (You can add the rest to the fridge or freezer for future use).
4.Add dried spices of paprika, cayenne pepper, mixed herbs and salt to the chicken and mix thoroughly till well combined.
5.Pre- heat your Grill
6.Add Chicken to Grill, turn as required until cooked
7. Serve

DIRECTIONS SPICY CHICKEN

1. Heat oil in a pan
2. Add cauliflower, broccoli and green beans to the pan
3. Stir then add salt, black pepper and chili flakes
4. Stir intermittently until thoroughly cooked
5. Serve

Gluten Free

Optional, serve with Betty's Ghanaian Tomato Stew on the next page



Betty's Ghanian Tomato Stew

Add to meals as desired

Carbohydrate Free

INGREDIENTS

- 1 Tin of chopped tomatoes
- 1 diced onion
- 1 clove of garlic, finely diced
- ½ scotch bonnet chopped
- Dried spices – ginger, paprika and rosemary (amounts to taste)
- 3 tbsp oil of choice

DIRECTIONS

1. Add oil to a pan on a medium heat
2. Add diced onions and fry for 2 mins
3. Add dried spices to pan and stir
4. Add chopped scotch bonnet and garlic and stir
5. Add tin of tomatoes and stir well
6. Reduce to low heat
7. Stir as required and cook until thickened
8. Serve

Gluten Free
Vegan

Joseph's Family Cauliflower Cheese

4 servings

10g Carbohydrate per portion

40g Carbohydrate in recipe

INGREDIENTS

- 1 big cauliflower
- 330ml milk
- 40g flour
- 40g butter
- 70g grated mature cheddar plus extra for topping (use medium or mild cheddar if you prefer)

DIRECTIONS

1. Boil the kettle. Chop up the cauliflower into bite sized pieces. Add the boiling water to a saucepan and bring to the boil. Add the cauliflower pieces and boil for five minutes. Drain the cauliflower and put it into an oven proof dish.
2. Preheat the oven to 220C/ 200C fan/ gas 7.
3. Put the saucepan back on the heat and add the butter and the flour. Mix them together until they made a thick paste. Add the milk a splash at a time and whisk it until it is combined with the flour and butter. Keep doing this until you have used all the milk - you should have a creamy sauce. Add the cheese and let it melt into the sauce over the heat - keep stirring.
4. When the cheese is melted into the sauce, pour the sauce over the cauliflower and sprinkle extra cheese over the top if you like.
5. Bake in the oven for 20 minutes.

Vegtarian

Portuguese Atum à Brás

4 servings

26g Carbohydrate per portion
104g Carbohydrate in recipe

INGREDIENTS

- 4 Cans of Tuna (132g each)
- 3 Tablespoons of olive oil
- 1 Small onion
- 1 Clove of garlic
- 200g Potato sticks (Batata Palha)
- 6 eggs
- 100ml of water
- Black olives

Parsley

DIRECTIONS

1. Begin by chopping the onion and the garlic into small cubes.
2. In a pan, mix the olive oil with the onion and garlic, then leave to simmer for around 2 minutes.
3. Add the tuna to the pan and leave to cook for around 2 minutes then add the water, mix well and leave to cook for 5 minutes until the water evaporates.
4. Gently add the potato sticks and mix very well.
5. Finally add the beaten eggs and cook in low heat mixing it until the eggs are completely cooked.
6. Serve in a casserole and feel free to decorate with black olives and parsley if you wish! Enjoy your meal!

Gluten Free

Quick Curry with Chicken and Coleslaw

4 servings

18g Carbohydrate per portion
71g Carbohydrate in recipe

INGREDIENTS CURRY

·1 large pack of chicken legs (1kg)
·2 medium size potatoes (150g each)
·2 small carrots
·1 medium size onion, chopped
·1 whole garlic bulb
·3 tablespoons Betapac Curry Powder/Any alternative Caribbean curry powder
·All Purpose Seasoning
·1 tablespoon of bisto gravy granules

DIRECTIONS CURRY

1. Prepare the chicken by cutting into medium pieces. Add all-purpose seasoning, curry powder, onion and all the garlic cloves to the chicken and mix well. Cover with cling film for 1 hour.
2. Put the chicken in a large pot, filled with water and cook on a medium heat for 1 hour (remember to check the water level throughout).
3. Check the taste and add more seasoning if required. Chop up carrots and potatoes into small chunks and add it to the pot. Simmer for a further 20 minutes. Add more water if required and add gravy granules to make it thick.

COLESLAW INGREDIENTS

- Half White Cabbage
- 2 Carrots
- 1 Small Onion
- Mayonnaise
- Salad cream
- 1 teaspoon course black pepper

DIRECTIONS COLESLAW

1. Grate the cabbage and carrots and mix together well, once mixed add the grated small onion. Add the mayonnaise and salad cream to your desired consistency and mix well.
2. Add a teaspoon of course black pepper and refrigerate.

Serve with rice of your choice, ideally white rice and add the carbohydrate to the total

Swiss Rösti

4 servings

38g Carbohydrate per portion
150g Carbohydrate in recipe

INGREDIENTS

- 1 kg Potatoes (e.g. Charlotte)
- 1 Teaspoon Salt

DIRECTIONS

1. Peel the potatoes and grate them coarsely.
2. Heat up some rapeseed oil in a coated frying pan and add half of the potatoes into the pan. Season with half the salt and turn over in the oil and leave for about 5 minutes (medium temperature) – cover with a lid.
3. Take it out and repeat the same process with the remaining potatoes.
4. Then add the first half and mix it well and continue to fry slowly on a medium temperature for about 15 minutes. Put a plate upside down on the pan and turn the pan upside down so that the Rösti is on the plate.
5. If necessary, add a bit more oil into the pan and then put the Rösti back and without a lid or plate fry it for another 15 minutes. Enjoy!

Gluten Free
Vegan
Goes nicely with some fried eggs, salads, vegetables or meat with a sauce (e.g. Zürcher Geschnetzeltes)

Carrot and Courgette Kebabs

12 servings

2g Carbohydrate per portion

22g Carbohydrate in recipe

INGREDIENTS

- 500g carrots, grated
- 500g courgettes, grated
- 5 eggs
- ¼ cup corn flour (~30g)
- 2 clove garlic, minced
- 1 onion, minced
- ¾ teaspoon salt
- ½ teaspoon curry powder
- ¼ spoon ground chillies (if you wish to add a little extra spice)

DIRECTIONS

1. Mix the grated carrots, grated courgettes, eggs, corn flour, garlic, onion, salt, and curry powder and chillies (if using) together in a medium mixing bowl until well combined. Then form the mixture into 12 equally sized small kebabs.
2. Heat olive oil in a frying pan over a medium-high heat. Add the kebabs and fry until golden brown on each side.
3. Enjoy your delicious snack!

Vegan

Gluten Free

Michael's Rice Krispie Cake

20 servings

20g Carbohydrate per portion
397g Carbohydrate in recipe

INGREDIENTS

- 200g marshmallows
- 1/2 tsp cinnamon
- 30g butter
- 170g Rice Krispie cereal
- 50g milk chocolate chips
- 85g white chocolate

DIRECTIONS

1. Melt the butter in a pan
2. Add the marshmallows to the melted butter and stir until the marshmallows have melted and mixed in with the butter until smooth.
3. Add in 1/2 tsp cinnamon into mixture.
4. Pour Rice Krispie cereal into a large bowl. Pour in marshmallow mixture and mix well.
5. Add in 1/2 Chocolate chips and mix well. Keep the other ½ aside for the topping
6. Once the marshmallow-butter mixture is evenly mixed in, pour into a greased cake tin. (Do not press down with your hand – it will be too sticky).
7. Break the chocolate into chunks and then microwave for 30 seconds and then stir. Microwave again for 20 seconds and stir again, continue to do this until all the chocolate has melted.
8. Using a spoon drizzle the melted chocolate over the marshmallow rice krispie mixture
9. Sprinkle the remaining Chocolate chips over the top and put in the fridge until set.
10. Once cooled and chocolate has hardened cut into small pieces and enjoy

Vegetarian
Gluten Free (if gluten free rice krispies used)

Yummy Chocolate Cake

6 servings

26g Carbohydrate per portion
155g Carbohydrate in recipe

INGREDIENTS

- Dash of oil for greasing
- 60g coconut oil
- 100g dark chocolate (70% cocoa)
- 70g almond or peanut butter
- 3 eggs
- 100g caster sugar
- 2 tbsp cocoa powder
- 1 tbsp desiccated coconut
- 2 tbsp ground almonds.
- 100g raspberries

DIRECTIONS

1. Preheat the oven to 180C / 160C Fan / Gas 4, lightly grease 18cm / 7in loose bottom tin.
2. Melt the coconut oil on a low heat, add chocolate and nut butter and combine. Set aside once melted.
3. Place eggs and sugar in a bowl and whisk using an electric whisk until for approximately 5 minutes until puffed up, light in colour and foamy.
4. Fold the chocolate mixture gently into the eggs.
5. Sprinkle in the cocoa powder, coconut and ground almonds and fold until fully combined.
6. Transfer to prepared tin and bake in centre of the oven for 10 minutes
7. Rotate the cake and bake for a further 8 minutes
8. Remove from the oven and allow to cool
9. Remove cake from tin and decorate with raspberries (other additions can be use but ensure the carbohydrate is calculated)

Dairy Free
Gluten Free