

# Quick and easy South Asian cooking

Low-fat recipes especially created for people living with  
Familial Chylomicronaemia Syndrome (FCS)

**By Azmina Govindji RD**

Registered Dietitian and Consultant Nutritionist

In collaboration with HEART UK



This cookbook has been provided by Sobi  
The recipes are meant to inspire and should not be  
used as a dietary guide

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## Meet Azmina...

Azmina Govindji, RD, Founder of Azmina Nutrition, is an award-winning dietitian, consultant nutritionist, international speaker and best-selling author. She is a media spokesperson for the British Dietetic Association and is regularly quoted in the national press.

Her television appearances include Sky, BBC and ITV news, This Morning, Victoria Derbyshire show, the One Show, Inside the Factory and Food Unwrapped. She was previously Chief Dietitian to Diabetes UK and a key member of the British Heart Foundation's Ethnic Advisory Board. She now runs her own consultancy working with the food industry, charities and the media to help ensure that nutritional messages are accurate and evidence-based.

Azmina has written 20 books. Her latest, *Vegan Savvy: The Expert's Guide to Nutrition on a Plant-based Diet* was created as a gift to her daughter when she decided to adopt a vegan lifestyle.

Azmina is known for her upbeat personality and optimistic attitude. As part of her research with the UK Food Standards Agency, she light-heartedly trained volunteer cooks on how to make healthier meals at gurdwaras and temples. She now shares her years of learning and experience in this book.



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## Welcome!

*When you're diagnosed with a condition that requires a change in your diet, you may be wondering if your meals are going to be tasteless. Not at all! A low-fat diet doesn't mean eating boiled curries or unfamiliar foods.*

*We created this book to help you add variety to your meals and make your mealtimes with friends and family even more enjoyable.*

*Try a speedy lunch of chicken kheema toasted sandwiches using around 6.2 grams of fat from your allowance. Or indulge with the family and enjoy a traditional meal of fish curry, ribbon rice pilau, coriander and mint chutney followed by raspberry "cheatscakes" for only 3 grams of fat!*

*Use this book as a guide and experiment with spices and flavours and you'll soon be creating tasty dishes that fit within your dietary allowance.*

**Azmina**

## Eating well with Familial Chylomicronaemia Syndrome (FCS)

With FCS it's important to eat foods that are very low in fat. This helps keep the level of fats in your blood (called triglycerides) from going too high. Your dietitian will have provided you with food suggestions that will match how much fat you need to aim for each day (fat allowance).

These recipes vary from 0.3 to 2.5 g fat content for desserts and side dishes, and from 1.5 to 9.4 g fat content for main meals. You can make adjustments according to your dietary requirements. Simply check out the **FCS nutrition notes** that accompany some of the recipes.

Since fatty foods have a lot of calories, cutting back on them can lower your daily calorie intake, making you lose weight. To stay within a healthy weight range, make sure you eat larger portions of lean protein foods like chicken, white fish and tofu, within your fat allowance. Most recipes in this book include low-fat protein sources.

- 5 With FCS, it's also important to cut down on refined carbs (like biscuits, cakes and sugary foods) and alcohol.





### Rapeseed oil



This is often sold as vegetable oil – check the label and choose limited amounts of 100% rapeseed oil in cooking. It has around 10 times more omega-3 fatty acids than olive oil, so can help you meet your daily requirement for omega-3 fatty acids. It also works very well in South Asian cooking as it can be cooked at high temperatures and doesn't add any strong flavours to your dishes. Measure the amount you're adding, as shown in the recipe instructions. Keep added oil to a minimum.

### Coconut oil



Don't be tricked into thinking this is a healthier fat than other oils. It contains more saturated fat than butter! So, avoid using coconut fat, creamed coconut or coconut milk. You can still enjoy dishes like korma by using 0% fat Greek yoghurt instead.

### Walnut oil



Walnut oil provides healthy omega-3 fatty acids and omega 6. This needs to be counted as part of your daily fat; a teaspoon gives you 3 grams of fat. Aim for one teaspoon of walnut oil a day, whether drizzled onto salad or kachumber or used as a spread, all within your fat allowance.

## Five ways to get more flavour

When you're cooking for a special diet, it can be tricky to keep the food tasting great. These tips can help you make delicious meals that everyone in the family will enjoy.

**1**

Frozen and pre-prepared garlic, ginger, and chillies are commonly found in supermarkets. However, for enhanced flavour in your dishes, you might opt to freeze your own. To freeze fresh garlic, ginger, and green chillies, peel and chop them as needed. Consider using an ice cube tray to freeze small portions. This makes it easy to grab the amount you need for cooking without thawing.

**2**

Char dishes to bring out a nutty umami flavour. Tasty charred recipes include Chicken Tikka Pitta Pockets (page 14), Tofu Manchurian with Spring Onion (page 22) and Sauteed Banana with Orange Zest and Maple Syrup (page 48).

**3**

Dry roast spices before using to bring out aroma and flavour. You probably have a range of spices in your kitchen. Feel free to mix and match any fat-free spices within these recipes.

**4**

Accompany your meals with sumptuous side dishes. Try the Coriander Chutney (page 42) and Pomegranate Raita (page 40). They can liven up meals that you might find quite plain.

**5**

Zero oil masala (page 38) is full of flavour with no added fat. Simply use it as a base for chicken, fish, beans, low-fat soya mince or tofu.

Please remember that this cookbook is intended to inspire and should not be used as a dietary guide. Living with FCS means having to follow a strict low-fat diet, but what you can and cannot eat is highly individual. The FCS Nutrition Notes will help you to adjust fat according to your needs, but it is recommended that you consult your specialist dietitian regularly.

## Fat tracker

Recipe	Fat (g) per serving
Mint and coriander chutney	0.3
Raspberry 'cheatscakes'	0.3
Zero oil masala	0.7
Tropical fruit chaat	0.7
Ribbon rice pilau	0.9
Sauteed banana with orange zest and maple syrup	1.1
Pomegranate raita	1.2
Fish curry	1.5
Chargrilled corn on the cob with chilli and garlic	2.5
Mixed bean salad	5.5
Tandoori chicken	5.8
(Tandoori chicken with less fat)	(4.6)
Chana dahl	5.9
Kheema peas with mycoprotein mince	6.1
(Kheema peas with mycoprotein mince with MCT oil)	(4.6)
Kidney bean curry	6.7
Chicken kheema toasted sandwich	7.1
(Chicken kheema toasted sandwich with MCT oil)	(6.2)
Kheema peas with soya mince	7.3
(Kheema peas with soya mince with MCT oil)	(5.8)
Chicken tikka pitta pockets	7.6
(Chicken tikka pitta pockets with less fat)	(4.9)
Chickpea and green pepper curry	7.6
Spicy scramble with cumin seeds	8.4
Tuna and cheese quesadilla	8.7
Tofu Manchurian with spring onion	9.4












# Spicy scramble with cumin seeds

You may have been brought up on a breakfast of “mayai dhoongri”, a spicy scrambled egg curry that’s combined with crunchy, semi-cooked onion and cumin seeds. Try this lower fat version, made using scrambled firm tofu and all the usual spices. The best news is that tofu is rich in high quality lean protein, making it a perfect ingredient for people with FCS. The nutritional analysis is based on firm tofu containing about 7 g fat per 100 g. Remember to check the label of the tofu that you’re using as it may contain more fat.

SERVES 4	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 20 minutes	194	8.4 g	15 g

## Ingredients

396 g firm tofu (7 g fat or less, check the label)  
1 tsp rapeseed oil  
2 large onions, thickly sliced  
1 ½ tsp jeera (cumin seeds)  
1 ½ tsp chopped garlic  
½ tsp turmeric  
1 heaped tsp methi (fenugreek) leaves  
½ to 1 tsp salt, or to taste  
1 tsp curry powder  
½ to 1 tsp red chilli powder, or to taste

## Method

1. Scramble the tofu with a fork.
2. Heat the oil and fry the onions with the jeera, garlic and other spices for a couple of minutes.
3. Stir the tofu into the mixture, ensuring it’s thoroughly combined, and cook for approximately 5 minutes or until the tofu is fully cooked and the onions have softened but still retain some crunch.
4. Serve immediately, with fresh coriander leaves and lime wedges. Drizzle with chilli sauce if you like more heat.

## To serve

Freshly chopped coriander leaves  
Wedges of fresh lime  
Chilli sauce (optional)

## Serving ideas



Turn this into a toast topping by serving it with wholegrain bread and a sprinkle of toasted fennel seeds.



Serve with wholewheat roti and 0% fat yoghurt.



Enjoy it as a jacket potato filling or in a toasted sandwich.

## FCS nutrition notes

If necessary, you can modify your portion by doing the following, as per your dietary requirements.

### Less fat and more calories

Use 2 tbsp MCT oil in place of the rapeseed oil. Be sure not to overheat the oil.


A serving of two sandwiches using MCT oil in this way would have 6.2 g fat and 502 kcal.



# Chicken kheema toasted sandwiches

If you like chicken samosas you'll love this! Wholegrain bread is generously filled with lightly spiced chicken mince and then toasted until crisp. If you haven't tried MCT oil before, this recipe is a great way to give it a go. It's just there to make your sandwiches turn beautifully golden brown.

Follow the instructions on your sandwich toaster; this dish uses one with deep-filled triangular pockets but you can use whichever type you like.

SERVES 4	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 25 minutes	464	7.1 g	27 g

## Ingredients

1 tsp rapeseed oil  
500 g minced chicken breast  
1 tsp chopped green chillies, or to taste  
1 tsp chopped garlic  
1 tsp chopped ginger  
Good pinch turmeric powder  
½ -1 tsp salt  
½ tsp ground garam masala  
2 tbsp lemon juice  
20 g fresh coriander leaves, finely chopped  
2 spring onions, finely chopped

## For toasting

4 tbsp MCT oil  
8 slices wholemeal, granary or seeded bread

## To serve

2 lemons, cut into wedges  
1 red onion, sliced and soaked in vinegar  
Tomato ketchup or tamarind sauce (optional)

## Method

1. In a non-stick pan, heat the oil over medium heat. Add the minced chicken, and let it cook for about 5 minutes. Be sure to break up the chicken and stir frequently to ensure even browning.
2. Add the chopped chillies, garlic, ginger, turmeric, salt and garam masala to the pan. Stir the ingredients together.
3. Continue cooking until all the excess moisture from the chicken has evaporated (about 5-10 minutes). Mix in an extra pinch of turmeric if you want a brighter colour.
4. Remove from heat and add the fresh lemon juice, chopped coriander and spring onions. Stir well to incorporate these final, flavourful additions.
5. Preheat your sandwich maker. Brush the MCT oil onto the triangle pockets at the base.
6. Place two slices of bread into the sandwich maker and fill each pocket generously with the chicken filling. Top with another two slices of bread, brush the bread with oil and close the lid. Cook as per your sandwich maker instructions, usually about 3-5 minutes until crispy.
7. Toast the four remaining sandwiches.
8. Serve with lemon wedges, red onion slices and tomato ketchup or tamarind sauce if desired.



## FCS nutrition notes

If necessary, you can modify your portion by doing the following, as per your dietary requirements.

### Less Fat

For the whole recipe, use 20 sprays of spray oil in place of rapeseed oil, only 2 tsp tikka paste and switch to 0% fat plain yoghurt. Your portion will now contain 4.9 g fat and 351 kcal.

### Less fat and more calories


For the whole recipe, use 20 sprays of spray oil in place of rapeseed oil, only 2 tsp tikka paste and switch to 0% fat plain yoghurt. Then simply remove your cooked portion and brush with a tablespoon of MCT oil at step 5. Your portion will now contain 4.9 g fat and 445 kcal.



# Chicken tikka pitta pockets

"Tikka" refers to small chunks. This versatile recipe uses convenient ingredients like tikka paste, and a combination of tomato puree and plain yoghurt for added flavour and colour. You can cook the flavoured tikka either in an Air Fryer or in a non-stick wok.

Choose your recipe based on your individual dietary needs.  
See the FCS nutrition notes opposite.

SERVES 4	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 20 minutes	375	7.6 g	41 g

## Ingredients

1 heaped tbsp tikka paste  
200 g low-fat plain yoghurt  
2 tbsp tomato puree  
Red chilli powder (to taste)  
4 boneless, skinless chicken breasts  
(about 500 g chicken), cut into  
small cubes  
1 tbsp rapeseed oil  
2 tsp kalonji (black onion seeds)  
Juice of one lemon, or as desired

## For the garlic sauce

150 g 0% fat Greek yoghurt  
Garlic granules, to taste  
Dried mint, to taste

## To serve

4 wholemeal pitta breads  
Shredded lettuce  
1 cucumber, cut into thin strips  
3 fresh tomatoes, finely diced

## Serving ideas



After cooking, the chicken cubes can be threaded onto cocktail sticks and served as finger food at a buffet.



Try the tikka on their own as a spicy starter on a bed of salad leaves.



Use firm tofu for a vegetarian option.



Enjoy as a wrap option when stuffed into chapatti or tortilla wraps along with fresh salad.

## Method

1. Combine tikka paste, yoghurt, tomato puree and chilli in a bowl, and mix thoroughly.
2. Incorporate the chicken. (If time allows, let it marinate in the fridge for 15 minutes).
3. Air Fryer cooking: Toss the coated chicken in the kalonji seeds and place it in the Air Fryer. Drizzle with the oil and cook according to your Air Fryer instructions. (The cooking time and temperature can differ based on factors such as the particular model and capacity of your Air Fryer, as well as the size of the chicken pieces you're using).
4. Cooking on the hob: Heat the oil in a non-stick pan or wok, add the kalonji seeds, and let them sizzle for a few seconds (not too long, as they can burn and become bitter). Add the marinated chicken pieces and fry over medium heat until they are tender but still moist (approximately 5-8 minutes). Add a little water if it starts to burn.
5. Meanwhile, make the garlic sauce by mixing the yoghurt, garlic granules and dried mint with a little water.
6. When the chicken is cooked, drizzle with lemon juice and adjust seasoning and spice if needed.
7. Fill wholemeal pitta bread with lettuce, cucumber and tomatoes, then top with either hot or cold chicken tikka. Serve drizzled with garlic sauce.





### **FCS nutrition notes**

If necessary, you can modify your portion by doing the following, as per your dietary requirements.

#### **More calories**

Make a dressing with 2 tablespoons of MCT oil, juice of half a lemon and seasoning. Serve this on your portion of salad. The calories for your portion of quesadilla with salad would then be 907 kcal.




# Tuna and cheese quesadillas

Being on a low-fat diet often means saying no to cheese. But this spicy Mexican dish is cheesy and comforting, whilst still helping you keep to a restricted fat diet. Make sure to use eatlean® low-fat high protein cheese which you'll find in most supermarkets (ask an assistant as it may not be within easy reach). Other reduced or low-fat grated cheeses may not be appropriate for FCS.

Enjoy the generous portion of crunchy filling encased in wholemeal tortilla wraps or roti and pile on as much red chilli flakes as you dare!

Fat-free fromage frais helps to bind the tuna and vegetables. See the FCS nutrition notes on how to enrich this meal if your dietitian suggests you need more calories.

SERVES 2	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 30 minutes	718	8.7 g	68 g

## Ingredients

2 tbsp MCT oil  
2 wholemeal soft flour tortillas  
180 g pack eatlean® grated low-fat cheese (3% fat, check the label)

## For the filling

1 can red kidney beans, drained (400 g)  
1 can tuna in brine, drained (145 g)  
1 red pepper, chopped  
1 small red onion, finely chopped  
3 heaped tbsp fat-free fromage frais  
2 tbsp chopped parsley  
1 tsp chopped garlic  
Red chilli flakes, to taste  
Seasoning, to taste

## To serve

Crispy green salad  
Juice of half a lemon  
Cracked black pepper  
Sweet chilli sauce

## Method

1. Mix together all ingredients for the filling. Taste and adjust the seasoning accordingly.
2. Heat a non-stick pan and drizzle with a tablespoon of MCT oil.
3. Lay one tortilla into the pan over a medium heat and top half of it with half of the filling. Sprinkle on half the cheese.
4. Allow the tortilla to brown and the filling to warm through for about 3-5 minutes. Keep checking the underside of the tortilla so it doesn't burn.
5. Fold the plain tortilla half over, like an omelette. The tortilla should be golden brown; if not, fold it back and toast for a further minute. Lower the heat and warm through for about 5 minutes until the cheese melts, then remove from heat.
6. Repeat steps 2 to 5 with the other tortilla wrap.
7. Drizzle the sweet chilli sauce on the quesadillas and serve with a green salad, dressed with lemon juice and black pepper.



### FCS nutrition notes

If necessary, you can modify your portion by doing the following, as per your dietary requirements.

#### Less fat

Spray your portion with 10 sprays of spray oil instead of brushing it with rapeseed oil, and switch to 0% fat plain yoghurt. Your portion will now contain 4.6 g fat and 245 kcal.

#### Less fat and more calories

18 For your portion, grill with a tablespoon of MCT oil instead of rapeseed oil. Your serving will now contain 2.6 g fat and 321 kcal.

# Tandoori chicken

Recreate the intense heat of a tandoor by cooking this flavourful family favourite in a very hot oven. It takes only 10 minutes to prepare using a handful of readily available ingredients. If time permits, marinate for at least an hour before cooking.

SERVES 4	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 25 minutes + marinating time	253	5.8 g	40 g

## Ingredients

4 skinless chicken breasts on the bone  
1 red onion, sliced  
1 tbsp rapeseed oil for brushing  
1 tsp hot paprika powder

## For the marinade

200 g plain low-fat yoghurt  
2 tbsp tandoori spice blend  
½ tsp turmeric  
2 tsp hot paprika powder  
1 tbsp tomato puree  
2 tbsp lemon juice  
Sprinkle of salt and pepper  
2 fresh lemons, halved

## To garnish

Fresh ginger, sliced into strips  
Fresh green chillies, sliced lengthways

## Serving ideas



Enjoy with a mixed salad, Ribbon rice pilau (page 34), and be sure to have plenty of napkins on hand!



You can also choose plain steamed rice, wholemeal pitta bread or roti in place of the pilau. Remember not to add ghee on top of the rotis as this will increase the fat content; choose MCT oil instead.

## Method

1. Make slits in the chicken.
2. In a mixing bowl, combine all the ingredients for the marinade and coat the chicken.
3. Place the chicken breasts in a resealable plastic bag or a shallow dish, cover and marinate in the fridge for at least an hour, time permitting. This allows the flavours to infuse into the chicken.
4. Preheat the oven to 230°C/450F/Gas Mark 8. Line a baking tray with parchment paper or foil. Place the chicken and halved lemons on a wire rack on top of the baking tray and cook at the top of the oven for 10 minutes.
5. Preheat the grill to high. Baste the chicken with any marinade that has trickled into the tray. Brush the chicken with the oil, sprinkle with paprika and arrange the onion rings on top.
6. Grill the chicken and lemons until charred, which should take about 5-10 minutes, checking the juices run clear.
7. To serve, squeeze the juice from the roasted lemons onto the chicken and garnish generously with strips of ginger and chillies.








# Fish curry

Can you imagine cooking a tasty fish curry without adding any oil? This tasty spiced dish is cooked with a flavourful oil-free masala (recipe on page 38). It's even better when prepared ahead, as it lets the spices soak into the fish. For a dry, bhuna-style fish, omit the cup of water at Step 1.

SERVES 4	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 30 minutes	142	1.5 g	24 g

## Ingredients

Zero oil masala (recipe on page 38)  
4 fillets (500 g) white fish, e.g. cod,  
cut into large chunks

## To serve

Sprinkling of ground garam masala  
Fresh coriander leaves  
Lemon wedges

## Serving ideas



This dish is delicious with  
mint and coriander chutney  
(see page 42).



Serve with basmati rice  
(brown is higher in fibre and  
better for you).

## Method

1. Heat the prepared masala with a cup of water, or add enough water to achieve your desired consistency.
2. Gently place the chunks of fish into the masala, ensuring each fillet is coated with the sauce. Cover and cook for 8-10 minutes over medium heat until the fish becomes tender. Baste with the masala halfway through the cooking process.
3. Turn off the heat, sprinkle with ground garam masala and fresh coriander, and serve with lemon wedges.






# Tofu Manchurian with spring onion

This sweet and spicy recipe is bound to surprise you with its depth of flavour! Hoisin sauce is combined with soy, honey, ginger and chilli to make a sticky dressing that coats and livens up cubes of tofu. Then it's all tossed in gram flour (chickpea flour) to add protein as well as a crispy coating. The cooked tofu cubes are finally tossed in spring onions and coarse black pepper.

The tofu teams up perfectly with these lightly cooked Manchurian-style vegetables that are flavoured with soy, ketchup and chilli sauce. All you need is some noodles or rice on the side.

You can cook the tofu in an Air Fryer or a wok.

The nutritional analysis is based on firm tofu containing about 7 g fat per 100 g. Remember to check the label of the tofu that you're using as it may contain more fat.

SERVES 4	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 30 minutes	246	9.4 g	17 g

## For the Manchurian marinade

1 tbsp soy sauce  
2 tbsp hoisin sauce  
1 tbsp honey  
2 tsp chopped ginger  
Chilli flakes, to taste

## For the tofu

396 g firm tofu, cut into bite-sized cubes (7 g fat or less, check the label)  
2 level tbsp gram flour  
1 tsp rapeseed oil  
3 spring onions, green stems only, sliced diagonally  
Coarse black pepper, to taste

## For the Manchurian vegetables

1 tsp rapeseed oil  
2 tsp chopped garlic  
2 tsp chopped ginger  
2 tbsp soy sauce  
2 tbsp tomato ketchup  
1 tbsp chilli sauce (adjust to taste)  
1 tbsp vinegar (optional)  
1 level tbsp gram flour mixed with 2 tbsp water (for thickening)  
300 g vegetable stir-fry mix  
Lime wedges

## Method

1. Mix together the ingredients for the marinade and coat the cubes of tofu in the marinade. If you have time, set aside to marinate for a few minutes.
2. Toss marinated tofu in the gram flour.
3. Cooking in the Air Fryer: Place the tofu cubes in one layer in the Air Fryer and drizzle on the oil. Cook according to the Air Fryer instructions until crisp on the outside and tender on the inside (about 10 minutes).
4. Cooking on the hob: Heat the oil in a non-stick wok and stir-fry the marinated tofu until cooked (about 10 minutes).
5. Meanwhile, cook the Manchurian vegetables. Heat the oil and add the garlic, ginger, soy, ketchup, chilli sauce, vinegar (if using) and gram flour paste. Stir well.
6. Add the vegetables and stir-fry until lightly cooked, adding hot water to your desired consistency. Adjust seasoning and chilli as necessary and serve with Manchurian tofu and lime wedges.

## FCS nutrition notes

If necessary, you can modify your portion by doing the following, as per your dietary requirements.

### More calories

Add a side salad. Create a tasty dressing by mixing the juice of half a lemon, a bit of mustard, and a pinch of salt and black pepper with a tablespoon of MCT oil. Drizzle this delicious mixture over your salad. Your serving of the original curry recipe, salad and plain yoghurt will have 6.9 g fat, and 471 kcal.

### More protein and calories


You can boost your portion of yoghurt with a sachet of MCTprocal®. Your serving of the original curry and yoghurt will have 6.7 g fat, 28 g protein and 473 kcal.





# Kidney bean curry

This is a simple, speedy mid-week recipe. All you need are cans of kidney beans and tomatoes, along with your usual store cupboard spices. It can be on the table in less than 15 minutes.

SERVES 4	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 15 minutes	360	6.7 g	26 g

## Ingredients

1 tbsp rapeseed oil  
2 tsp black mustard seeds  
2 tsp cumin seeds  
Handful of dried curry leaves  
1 heaped tbsp dried methi/  
fenugreek leaves  
400 g can chopped tomatoes or 4  
fresh tomatoes, finely chopped  
2 tsp chopped garlic  
2 tsp chopped ginger  
2-3 fresh green chillies, chopped or  
red chilli powder as desired  
½-1 tsp turmeric  
1 tbsp dhana jeera (equal mix  
of ground cumin and ground  
coriander seeds)  
1-2 tsp salt  
3 x 400 g cans red kidney beans,  
drained and rinsed  
1 large red onion, sliced  
Fresh coriander leaves, roughly  
chopped

## To serve

8 tbsp 0% fat Greek yoghurt, stirred

## Serving ideas



Enjoy this curry and yoghurt  
with a side salad and  
steamed basmati rice.



Choose brown basmati rice  
as a healthier wholegrain  
option instead of white rice.  
It will need more water and  
cooking time, so refer to the  
instructions on the packet.

## Method

1. Heat oil in a non-stick pan with a lid. Lower the heat and add mustard seeds, cumin seeds, curry leaves and dried methi leaves (if using). Let the seeds sizzle and pop for about 20 seconds, but be careful not to let them burn and turn bitter.
2. Stir in chopped tomatoes and the rest of the spices along with the salt.
3. Turn up the heat and cook the tomatoes for a few minutes, stirring often to break up the tomato chunks.
4. Add the rinsed kidney beans, red onion and just enough hot water to cover them. Make sure you add only as much water as needed to create a sauce; there's no need to add lots of water that will make the kidney beans boil.
5. Cover and cook over medium heat for about 5-10 minutes. Stir occasionally and add more water if the mixture begins to dry out. (If you prefer the beans to be softer, you can extend the cooking time for up to 20 minutes.)
6. Turn off the heat, add coriander leaves, and adjust the seasoning and chilli to taste. Serve with a generous swirl of yoghurt.








# Kheema peas

Traditional kheema peas is made from minced beef or lamb, which can contain up to 30% fat. This lower fat version uses soya mince, which is high in good quality protein and provides an average of only 3% fat.

SERVES 4	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 25 minutes	345	7.3 g	33 g

## Ingredients

1 tbsp rapeseed oil  
2 onions, sliced  
300 g chopped canned or fresh tomatoes  
1 tsp salt, or to taste  
600 g frozen soya mince + 100 ml water (3% fat, check the label)  
250 g frozen peas

## Whole spices

2 whole cardamoms  
6 whole black peppercorns  
4 cloves  
1 cinnamon stick  
3 bay leaves  
2 tsp jeera (cumin seeds)

## Ground spices

2 tsp chopped garlic  
2-3 tsp chopped ginger  
Red chilli powder, to taste  
½ tsp haldi (turmeric)  
2 tsp ground garam masala

## Method

1. Heat the oil and add the onions and whole spices. Stir over a medium heat for a few seconds.
2. Add the ground spices and sauté for a few seconds.
3. Stir in the tomatoes and salt and cook for about 3-5 minutes.
4. Add the frozen soya mince with the water, cover and cook for about 10 minutes, stirring occasionally.
5. Mix in the peas and cook for about 5 minutes till tender.

## FCS nutrition notes

The nutritional analysis is based on soya mince containing about 3 g fat per 100 g. Remember to check the label of the mince that you're using as it may contain more fat. If necessary, you can modify your portion by doing the following, as per your dietary requirements.

### Less fat and more calories

Use 3 tbsp MCT oil in place of the rapeseed oil. Be sure not to overheat the oil. A serving of kheema peas using MCT oil in this way would have 5.8 g fat and 402 kcal.

### Less fat using mycoprotein (sold as Quorn®)

Use 800 g mycoprotein mince + 100 ml water in place of soya mince. This will provide 6.1 g fat and 310 kcal. If you use 3 tbsp MCT oil in place of the rapeseed oil, a serving will have 4.6 g fat and 367 kcal.








# Chickpea and green pepper curry

This speedy mid-week dish is made from canned chickpeas – a nutritious food to always have in your store cupboard. They provide you with protein, fibre, calcium, iron and zinc. Simply double the recipe if you want to serve four people.

SERVES 2	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 20 minutes	267	7.6 g	12 g

## Ingredients

2 tsp rapeseed oil  
1 onion, finely chopped  
1 tsp chopped garlic  
1 tsp chopped ginger  
½ tsp turmeric  
1 tsp ground cumin  
1 tsp ground coriander seeds  
½ tsp salt  
Half a 400 g can chopped tomatoes  
1-2 chopped fresh green chillies, as desired  
100 ml hot water  
1 can chickpeas, drained  
1 green pepper, chopped  
Fresh coriander leaves, chopped

## Serving ideas



Serve chickpea curry over a bed of fluffy white or brown rice. It also goes well with roti.



Have some yoghurt on the side – try pomegranate raita (see page 40).



Warm wholemeal pita bread can be used to make sandwiches with the chickpea curry as a filling.

## Method

1. Heat a non-stick pan with a lid, then add the oil.
2. Sauté the onions over high heat for 2-3 minutes until they soften.
3. Stir in the garlic, ginger, turmeric, cumin, coriander and salt.
4. Add the tomatoes along with the chilli and allow them to cook for 3-5 minutes, stirring frequently.
5. Crush the tomatoes to create a thick and creamy mixture.
6. Mix in a small amount of hot water, along with the chickpeas and green pepper. Cover and simmer over low heat for about 5-10 minutes. Adjust the sauce thickness by adding more water if desired.
7. Garnish with fresh coriander leaves before serving.



### **FCS nutrition notes**

If necessary, you can modify your portion by doing the following, as per your dietary requirements.

### **More calories and protein**

Add a sachet of MCTprocal® and a tablespoon of MCT oil to your portion after cooking. Your serving will then be 17 g protein and 479 kcal. Fat stays the same.




# Chana dahl

Dahl (lentil curry) is a staple meal in most South Asian households. With a variety of lentils available, you can enjoy different dahl dishes every day without repetition. Dried lentils are a cheap and easy way to have a protein-rich, healthy vegetarian meal.

This recipe provides an authentic taste without the need for excessive oil, as typically seen in tarka-based dahl. It starts by sizzling mustard seeds, fenugreek seeds and cumin seeds in a small amount of oil before adding other spices and pouring in the cooked dahl.

## Don't have a pressure cooker?

Simply use red lentils instead of chana dahl. Add 250 g at step 5 with a litre of hot water. Cover and cook for 15-20 minutes before progressing to step 6.

SERVES 4	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 35 minutes	272	5.9 g	15 g

## Ingredients

250 g (about 1 mug) dried chana dahl (split chickpeas)  
1 litre (about 3 mugs) of hot water  
2 fresh tomatoes, chopped  
2 tsp rapeseed oil  
2 bay leaves  
Handful of dried curry leaves  
1 cinnamon stick  
1 tbsp fenugreek leaves  
½ tsp hing/asafetida (optional)  
1 tsp black mustard seeds  
4 fenugreek seeds (optional)  
1 tsp cumin seeds  
2 tsp chopped or pureed garlic  
2 tsp chopped or pureed ginger  
½-1 tsp red chilli powder, or to taste  
1 tbsp dhana jeera (ground coriander and cumin mix)  
½-1 tsp turmeric, to desired colour  
200 g canned chopped tomatoes  
1-2 tsp salt, or to taste

## To serve

½ tsp ground garam masala  
2 large spring onions, green stems only, chopped  
3 tbsp roughly chopped coriander leaves and stems  
Lemon juice

## Serving idea



Serve with steamed basmati rice or wholewheat roti and mixed salad. It's delicious with mint and coriander chutney (see page 42).

## Method

1. Cook the dahl with water and tomatoes in a pressure cooker, according to your cooker's instructions until it's tender and mushy. This usually takes about 15-20 minutes. See introduction for alternatives for those without pressure cookers.
2. Meanwhile, heat a non-stick pan with a lid, add oil and lower the heat. Add bay leaves, curry leaves, cinnamon stick, fenugreek leaves, hing (if using), mustard seeds, optional fenugreek seeds and cumin seeds. Let them sizzle for a few seconds only, being careful not to burn the seeds.
3. Stir in the garlic and ginger. Add coriander and cumin mix as well as the turmeric.
4. Now add the canned tomatoes and the red chilli powder and mix well. Cook over medium heat for about 5-10 minutes, stirring frequently.
5. Beat the cooked dahl with a whisk and add it to the pan. Add salt to taste. Cover and cook for about 5 minutes until the lentils soak up the flavours.
6. Adjust with more chilli, salt or water as needed. The dahl will taste better if you can switch off the heat and let it sit for some time before serving.
7. Finish with a sprinkle of garam masala, chopped spring onions, coriander, and a drizzle of lemon juice.






# Mixed bean salad

This vibrant salad is a great choice for a quick and healthy light meal. It combines a mix of beans, sweetcorn, tomatoes and fresh herbs, all tossed in a delicious dressing made from walnut oil and zesty lemon juice.

Getting enough omega-3 fats can be a bit of a challenge for people managing FCS, due to their limited fat intake. Incorporating a small amount of walnut oil into this salad is a clever way to meet those needs. Each serving provides you with a teaspoon of walnut oil, which will help meet your daily requirement of omega-3 fatty acids

SERVES 4	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 15 minutes	262	5.5 g	13 g

## Ingredients

325 g can sweetcorn, drained  
400 g can kidney beans, drained  
400 g can blackeye beans, drained  
2 tomatoes, diced  
Small red onion, finally chopped (optional)  
Half a bunch of fresh coriander leaves and stems (about 75 g), chopped  
Generous handful fresh mint (about 30 g), torn  
Salt and black pepper, to taste

## Method

1. Mix together all the salad ingredients and season to taste.
2. Combine all the dressing ingredients in a jar and shake vigorously.
3. Toss the salad in the dressing.

## For the dressing

4 tsp walnut oil  
1 tsp mustard  
½ tsp dried oregano  
Juice of half a lemon  
2 tsp honey

## Serving ideas



Pile this salad onto a baked potato, alongside some tuna (in brine) or cooked chicken breast.



Enjoy it as a quick, light and portable lunch option.



Pair it as a delightful side dish with your favourite main courses. Remember, when preparing a meal that includes other dishes with fats, account for the fats from this salad as well.





### FCS nutrition notes

If necessary, you can modify your portion by doing the following, as per your dietary requirements.

#### More calories

Drizzle a tablespoon of MCT oil onto your cooked portion and stir gently. Your serving of rice will now have 336 kcal.

#### Even more calories

If you tolerate MCT oil well, enjoy the pilau with a mixed salad, drizzled with a dressing of 2 teaspoons of balsamic vinegar and a tablespoon of MCT oil. Your serving of rice and salad will now have 453 kcal.

#### More protein

Simply mix a sachet of MCTprocal® into 3 tablespoons of plain 0% fat yoghurt and have this on the side. This will add an extra 8.3 g protein and 178 kcal to your meal, making a total of 15 g protein and 419 kcal.


#### More of both protein and calories

Do all three of the above and your portion will provide a total of 1.4 g fat, 16 g protein and 630 kcal.

# Ribbon rice pilau

Pilau rice is usually prepared with plenty of oil or ghee, and can require time and skill in the kitchen. But here's an effortless, oil-free alternative. The grated carrots, cabbage, sliced onions and strips of red pepper take on the appearance of ribbons in the rice. You can use any vegetable combinations you like.

It's a fantastic low-fat side dish for six people which cooks perfectly in the microwave in just 20 minutes. If you'd like to enjoy the pilau as a main meal, it will serve four generous portions.

SERVES 6	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 30 minutes	241	0.9 g	6.5 g

## Ingredients

275 g (about 1 mug) basmati rice  
1 ½ mugs cold water  
1 tbsp bouillon (stock) powder  
e.g. Swiss vegetable bouillon  
2 tbsp lemon juice  
2 tsp chopped garlic  
2 tsp chopped ginger  
2-3 fresh green chillies, chopped  
Good pinch of turmeric, to desired colour  
Whole garam masala (2 cardamom pods, cinnamon stick, 2 cloves, 6 whole black peppers)  
Large onion, sliced  
Generous handful of frozen peas  
2 carrots, peeled and grated  
Quarter head white or green cabbage, grated  
2 red peppers, sliced

## To serve

Generous drizzle of sweet chilli sauce  
Coriander leaves, roughly chopped  
Lemon wedges

## Serving ideas



Raita is a perfect accompaniment. Try pomegranate raita (page 40).



Choose brown basmati rice as a healthier wholegrain option instead of white rice. It will need more water and cooking time, so refer to the instructions on the packet.

## Method

1. Rinse the rice in a bowl to remove any starch from around the grains. This will help you achieve nicely separated grains.
2. Place the rice and water in a large microwave-safe container with a lid. A microwaveable rice cooker works well.
3. Add all the other ingredients.
4. Stir the mixture, cover it, and microwave it on high for 18-20 minutes or until it's cooked (stir gently around the 15-minute mark). Allow it to stand for a couple of minutes.
5. Serve with fresh lemon wedges and garnish with sweet chilli sauce and coriander leaves.






# Chargrilled corn on the cob with chilli and garlic

This is a great recipe to test out how you like MCT oil! The bottle and colour of MCT oil might seem strange compared to regular vegetable oil. You shouldn't use MCT oil for high-temperature frying, but it's good for grilling.

This tasty corn makes for a filling snack because it contains protein and fibre. Even though you're not adding regular oil, there's some natural fat from the corn, which counts toward your daily fat intake.

SERVES 1	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 15 minutes	155	2.5 g	4.9 g

## Ingredients

1 corn on the cob  
½ tsp garlic powder, or to taste  
Sprinkling of red chilli powder, or to taste  
Sprinkling of salt  
2 tsp MCT oil  
Lemon juice, to taste

## Method


1. Preheat the grill to high. Flavour all sides of the corn on the cob with the garlic powder, chilli powder and salt.
2. Spoon the oil onto the corn.
3. Grill under a high heat for 5 minutes, turn and grill for another 5-10 minutes, turning frequently.
4. Drizzle on some lemon juice to serve.





# Zero oil masala

Have you ever heard of masala that has no oil in it? This is a life-saver recipe for people on a very low-fat diet. This amount will be enough to form the basis of a curry for four people. Simply add your chicken, white fish, beans, tofu, soya mince, soaked dahl or vegetables to this masala and allow the spices to infuse during the cooking time. You could also make a large batch and freeze it in portions.

SERVES 4	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 20 minutes	46	0.7 g	1.9 g

## Ingredients

1 tsp jeera (cumin seeds)  
1 onion, pureed  
1 tsp chopped or pureed garlic  
1 tsp chopped or pureed ginger  
300 g canned plum tomatoes or 3 fresh tomatoes, pureed  
½ tsp turmeric  
2 tsp dhana jeera (ground coriander and cumin mix)  
2 tsp methi/fenugreek leaves  
½ to 1 tsp salt, or to taste  
½ to 1 tsp red chilli powder, or to taste  
Handful fresh coriander leaves, finely chopped

## Method

1. Heat a non-stick heavy pan (or kadhai).
2. Dry roast the jeera (cumin seeds) over a low heat for 1-2 minutes – be careful not to burn them as they will taste bitter.
3. Turn up the heat and stir in the pureed onion. Cook, stirring occasionally. When it starts sticking, add a little boiling water and keep stirring. Continue adding small amounts of water until the onions soften (about 10 minutes).
4. Add the ginger and garlic paste and cook for a couple of minutes, stirring frequently. Do not add more water as it will dilute the taste.
5. Stir in the pureed tinned or fresh tomatoes and cook for a few minutes. Squash the tomatoes until the mixture becomes creamy.
6. Add the turmeric and other spices, including coriander leaves. Cover and simmer until soft (about 5 minutes).
7. Your zero oil masala is ready! Now you can add the vegetables or soaked dahl, beans, chicken or white fish and water as needed. Finish off your curry with fresh coriander leaves.


*Optional: add a few whole black peppercorns and cloves, a cinnamon stick and one cardamom with the jeera if you like your curries "garam" (more heat).*





# Pomegranate raita

When you're eating low-fat foods, you might start to find that some meals taste bland. This colourful raita will liven up any meal. It's laced with crunchy strips of courgettes and carrots, adding fibre, vitamins and minerals in a tasty way. You can use any raw vegetables you like and if you're not a fan of pomegranate, try passion fruit seeds as an option.

SERVES 4	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 10 minutes	84	1.2 g	4.6 g

## Ingredients

250 g low-fat yoghurt  
2 carrots, peeled and grated  
2 courgettes, grated  
2 spring onions, green stems only, sliced (optional)  
Seeds from half a pomegranate (save some for garnish)  
Freshly ground black pepper, to taste  
A little salt

## To serve

Mint leaves, chopped  
½ tsp ground cumin  
¼ tsp chilli powder  
Pomegranate seeds

## Serving idea



This raita is also delicious as a chaat\*. Smother canned chickpeas and chopped coriander leaves with the raita and sprinkle on some chaat masala.

## Method

1. In a mixing bowl, whisk the plain yoghurt until it's smooth and creamy.
2. Add the carrots, courgettes, spring onions (if using) and pomegranate.
3. Season the raita with a pinch of salt and a dash of freshly ground black pepper. Adjust the seasoning to your taste.
4. Mix all the ingredients together until well combined.
5. Before serving, garnish with fresh mint leaves, a sprinkling of cumin and chilli and a few pomegranate seeds.

\*Chaats are the South Asian equivalent of 'tapas' – small, tasty dishes often served as street food, with a mix of textures and flavours

## FCS nutrition notes

If necessary, you can modify your portion by doing the following, as per your dietary requirements.

## More protein and calories


Add a sachet of MCTprocal® to your portion to provide 6.6 g protein and 197 kcal in your serving. Fat stays the same.





# Mint and coriander chutney

This virtually fat-free chutney will add aroma and a flavour hit to any dish. It takes only a few minutes to prepare and you can make it as spicy or zesty as you like. This recipe uses a mini kitchen blender, but if you don't have one, you can simply chop the herbs and flavour with the other ingredients. This amount makes 6 tablespoons.

SERVES 6	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 5 minutes	6	0.3 g	0.4 g

## Ingredients

35 g fresh mint leaves  
35 g fresh coriander leaves and stems  
½ fresh green chilli, chopped (or red chilli powder, to taste)  
50 ml water  
Pinch of freshly chopped garlic, or garlic powder (optional)  
Juice of half a lemon  
Salt, to taste

## To serve

1 tsp desiccated coconut

## Method


1. Wash the mint leaves, remove them from the stems, and place them into a mini kitchen blender or food chopper.
2. Wash the coriander and roughly chop the leaves and stems before adding them to the blender.
3. Add all the other ingredients and blend for about a minute. The chutney should have some texture and not be completely pureed.
4. Adjust the salt and chilli to taste.
5. Chill the mixture in the refrigerator until needed and sprinkle it with desiccated coconut just before serving.





# Tropical fruit chaat

This tropical fruit chaat is a delicious blend of familiar South Asian flavours. It brings together the sweet goodness of tropical fruits like mango and papaya, with a little spicy kick and a hint of citrus. This dish is a loving tribute to the wonderful street food culture of South Asia, and it's like having a taste of your roots on your plate.

SERVES 4	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 20 minutes	122	0.7 g	1.8 g

## Ingredients

1 mango, peeled and diced  
½ large papaya, peeled, seeded and diced  
1 apple, cored and diced  
½ cucumber, diced  
A large handful of grapes, halved

## For the dressing

2 tbsp fresh orange juice  
Juice of half a lime  
2 tsp honey  
1-2 tsp chaat masala, to taste

## To serve

Chilli flakes, to taste  
Fresh coriander and mint leaves for garnish

## Method

1. In a large mixing bowl, combine the diced mango, papaya, apple, cucumber, and grapes.
2. Make a tangy dressing with the orange juice, lime juice, honey and 1-2 tsp of chaat masala. Adjust the chaat masala to achieve your desired level of flavour and spiciness. Drizzle this citrus dressing over the mixed fruits.
3. Gently toss the fruit salad to coat all the ingredients evenly with the dressing.
4. Allow the fruit chaat to sit in the fridge for about 15-20 minutes.
5. Before serving, sprinkle with chilli flakes and garnish with fresh coriander and mint leaves.

## FCS nutrition notes

If necessary, you can modify your portion by doing the following, as per your dietary requirements.

## More calories and protein

Serve your portion with 120 g 0% fat Greek yoghurt mixed with a sachet of MCTprocal®. Your serving will now have 1.2 g fat, 13 g protein and 300 kcal.






# Raspberry “cheatscakes”

This is a cheat's way of enjoying the tasty layers of a cheesecake without the fat. These mini cheesecakes certainly hit the spot when you fancy something sweet, either after a meal or as a snack.

Fromage frais, a fresh, fat-free soft cheese, is the key ingredient, usually found in the yoghurt section of your local supermarket. To give the cheese a creamy texture, this recipe cleverly incorporates MCTprocal®. What's great about adding MCTprocal® is that it doesn't contribute to your fat intake but provides a healthy amount of protein and calories.

Traditional biscuit bases are often too high in fat for people with FCS, so this dessert opts for pineapple rings as a base instead.

SERVES 4	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 10 minutes	135	0.3 g	4.0 g

## Ingredients

Ground cinnamon, to taste  
435 g can pineapple slices, drained  
120 g fat-free fromage frais  
4 tsp honey  
2 sachets MCTprocal®  
120 g raspberries  
Mint leaves, for garnish

## Method


1. Sprinkle cinnamon onto the pineapple slices. Place one raspberry in the hole of each slice.
2. Mix the fromage frais with the honey and MCTprocal®.
3. Spoon the creamy cheese mixture onto each pineapple slice.
4. Decorate with remaining raspberries and mint leaves.





# Sauteed bananas with orange zest and maple syrup

South Asian desserts are typically rich in unhealthy saturated fats (from ghee or cream) and can even be deep fried - as is the case with the very popular jalebi. This is a fruit-based dessert, served with 0% fat Greek yoghurt in place of cream. It works very well with over-ripe bananas that are not firm enough to eat raw.

SERVES 4	KCAL PER SERVING	FAT PER SERVING	PROTEIN PER SERVING
 10 minutes	168	1.1 g	5.2 g

## Ingredients

1 tsp unsaturated spread  
4 ripe bananas, each sliced into 4 diagonal chunks  
Juice from 1 large fresh orange (save the skin for garnish)

## To serve

200 g 0% fat Greek-style yoghurt, stirred  
2 tbs maple syrup  
Grated orange zest (no white pith)  
Half a pomegranate, seeded

## Method

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

## FCS nutrition notes

If necessary, you can modify your portion by doing the following, as per your dietary requirements.

## More calories and protein

Mix a sachet of MCTprocal® into your portion of yoghurt. Your serving will now have 1.1 g fat, 7.2 g protein and 280 kcal.



## Contributors / grateful thanks

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*HEART UK is delighted to support this book. South Asian people with FCS, or in fact anyone with FCS who enjoys South Asian food, can now get inspiration to create tasty meals that fit into their very low-fat diet. Written by a renowned expert dietitian, you can trust that these recipes have been specifically tailored to FCS dietary guidelines. The dishes are created for the whole family, so there's no need to make special meals for one. This book is a game-changer for anyone who loves healthier South Asian cuisine.*



Lynne Garton  
Dietetic Advisor  
HEART UK – The Cholesterol Charity

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