Tasty and healthy recipes

Inspired by African-Caribbean and South Asian flavours
We believe in life after stroke.

That’s why we support stroke survivors to make the best recovery they can. It’s why we campaign for better stroke care. And it’s why we fund research into finding new treatments and ways of preventing stroke.

We’re here for you. If you’d like to know more please get in touch.

**Stroke Helpline:** 0303 3033 100  
**Website:** stroke.org.uk  
**Email:** info@stroke.org.uk  
**Textphone:** 18001 0303 3033 100
We hope you enjoy trying out these delicious recipes, which have been produced to help you lead a healthy lifestyle.

Each recipe is easy to follow and can be adapted according to taste. Research has shown that people from African-Caribbean and the South Asian communities have a higher risk of stroke, so we have used African-Caribbean and South Asian ingredients as inspiration.

Every year there are about 152,000 strokes in the UK. That’s more than one every five minutes, but many strokes can be prevented by making lifestyle changes. For more information on how to prevent a stroke, visit our website, stroke.org.uk.

Following a healthy diet can reduce your risk of having a stroke, so why not use these recipes as one part of a lifestyle makeover?

We have developed these recipes with the help of students from the London School of Tourism, Hospitality and Leisure.
Grilled caribbean spiced chicken with fragrant bean salad

Serves 4
Preparation 45 mins
Cooking 30 mins

Ingredients
Chicken breasts
4 (500g) skinned
Black pepper 2tsp
Paprika 2tsp
Ground cloves 2tsp
Olive oil 2tsp

Bean salad
Chickpeas 160g
Red kidney beans 120g
Black-eyed beans 80g
Garlic cloves 10g grated
Fresh ginger 10g puréed
Olive oil 2tsp
Fresh coriander
a few sprigs
Fresh mint a few sprigs

Salad
Salad leaves 150g
Sliced onion 80g
Tomato 80g sliced
Sweet potato
600g thick chunks steamed

Please note the chickpeas, red kidney beans and black-eyed beans used are tinned.

Gently toast the black pepper, paprika and cloves in a pan. Add the oil and remove from the heat. Cover the chicken with the mixture and set aside.

For the bean salad warm the chickpeas, beans, garlic, ginger and oil together. Meanwhile, grill the chicken for 10 minutes or until thoroughly cooked but not hard. Serve the spiced chicken with the bean salad, garnish with a few sprigs of fresh coriander and mint just before serving. Serve with a fresh salad and steamed sweet potato.

Tip: instead of sweet potato you can use yam or butternut squash.

Nutritional information per serving
479kcal, 40.7g protein, 52.5g carbohydrate (12g sugar), 13.9g fat (2.2g saturates), 7.3g fibre, 148mg sodium, 0.4g salt
Indian tofu and pea curry with garlic brown rice

Serves 4
Preparation 20–30 mins
Cooking 30–40 mins

Ingredients
Tofu 500g diced
Frozen peas 200g
Cumin seeds 3tsp
Coriander seeds 3tsp
Fennel seeds 3tsp
Vegetable oil 2tsp

Curry sauce
Fresh ginger 10g grated
Garlic cloves 3 grated
Onion 1 sliced
Tomatoes 500g diced
Turmeric powder 2tsp
Garam masala 2tsp
Vegetable oil 2tsp

Garlic rice
Brown rice 250g
Garlic cloves 3 grated
Vegetable oil 1tsp

Salad
Diced tomato 400g
Diced cucumber 400g
Lettuce 400g
Plain yoghurt 250g

Toast the cumin, coriander and fennel seeds in a dry pan and blend to a powder using a pestle and mortar or grinder. Dust the diced tofu and peas with the spices and sauté for 5 minutes in the oil. Set aside.

For the curry sauce, sauté the ginger and garlic in oil, add the onion and fry until golden. Add the tomatoes, turmeric and garam masala and simmer until it reduces, add a little extra water if required.

Gently sauté the rice and garlic in a pan for 5–10 minutes. Add double the amount of water to rice and simmer for 25–30 minutes or until tender and the water has evaporated.

To serve, reheat the tofu and peas in the sauce and serve with the rice. Garnish with the salad and plain yoghurt.

Tip: try experimenting with other types of vegetables with the tofu curry, such as green runner beans.

Nutritional information per serving
497kcal, 23.5g protein, 71.2g carbohydrate (14.6g sugar), 16.2g fat (2.3g saturates), 6.3g fibre, 71mg sodium, 0.2g salt
Spiced haddock and vegetables with chilli potato wedges

Serves 4
Preparation 15–20 mins
Cooking 40 mins

Ingredients
Potatoes 600g cleaned but with skins on
Chilli powder 2tsp
Garlic cloves 2 crushed
Vegetable oil 1tbsp

Haddock
Haddock 600g
Vegetable oil 2tsp
Whole cardamom 2 tsp
Whole cloves 2g

Vegetables
Onion 1 thinly sliced
Broccoli florets 400g leave as much stem on as possible

Courgettes
400g thinly sliced lengthways
Cumin seeds 2 tsp
Vegetable oil 2 tsp

Preheat oven to 220˚C. Boil the potatoes, skin on, until semi-cooked. Drain and cut into wedges. Mix together thoroughly the chilli powder, garlic and potato wedges in a bowl. Place on a lightly oiled baking tray and bake for 12 minutes, turning occasionally.

Gently heat the cardamom and cloves in a pan, then grind to a fine powder. Score the skin of the haddock with several shallow slashes about 2.5cm (1in) apart to form a criss-cross pattern. Dust with the powdered spices. Heat the oil in a pan and cook fish skin side down for 3 minutes. Take the pan off the heat, turn the fish over and allow to cook on the residual heat.

Dry roast the onion slices at 160˚C for 10 minutes or until crisp, set aside. Steam the broccoli until tender. Heat 2 tsp oil and gently fry half the florets until lightly browned, add the cumin seeds, lightly toasting them. Cook the courgette in boiling water for just 10 seconds. To serve, place the cooked haddock on top of potato wedges surrounded by vegetables.

Nutritional information per serving
340kcal, 33.9g protein, 29.1g carbohydrate (3.7g sugar), 11.5g fat (1.5g saturates), 4.3g fibre, 166mg sodium, 0.42g salt
Chilli paneer and aubergine with pilau rice

Serves 4
Preparation 20–30 mins
Cooking 35 mins

Ingredients
Onion 200g diced
Green chilli 1 finely chopped
Garlic cloves 3 finely chopped
Fresh ginger 10g finely chopped
Cumin powder 2 tsp
Turmeric powder 2 tsp
Garam masala 2 tsp
Aubergine 400g diced
Tomatoes 200g chopped and deseeded
Paneer 200g diced
Boiling water 100ml
Vegetable oil 2 tsp

Pilau rice
Vegetable oil 2 tsp
Cinnamon stick 1
Whole cloves 1 tsp
Cardamoms 1 tsp
Cumin seeds 2 tsp
Basmati rice 250g
Boiling water 300ml
Fresh coriander 4 tbsp leaves

Heat 2 tsp vegetable oil in a medium pan and cook the onion for 2 minutes. Add the chilli, garlic and ginger, and cook until golden. Add the cumin, turmeric and garam masala and cook for another min. Add the aubergine and cook for about 3 minutes. Then stir in the tomatoes and paneer, cook for a further 2 minutes. Add 100 ml of boiling water and cook for a few more minutes, stir to prevent sticking.

For the pilau rice, heat the oil in a pan, add the spices and fry lightly for 2 minutes. Add the rice and 300 ml of boiling water, and simmer until the water is absorbed.

To serve, toss the coriander over the paneer with the pilau rice. Garnish with 120g each of diced cucumber, tomatoes and onions.

Tip: you can also try using wild rice for this recipe.

Nutritional information per serving
233 kcal, 19.8g protein, 67.5g carbohydrate (10.6g sugar), 23g fat (10.8g saturates), 5.3g fibre, 67.6mg sodium, 0.17g salt
Chicken with biryani rice

Serves 4
Preparation 30 mins plus marinade time
Cooking 30–40 mins

Ingredients
Turmeric powder 3 tsp
Cumin seeds 3 tsp
Garam masala 3 tsp
Cardamom powder 3 tsp
Coriander powder 3 tsp
Small red chilli 1 finely chopped
Vegetable oil 1 tbsp
Lemon juice 1 tbsp
Chicken breasts 4 (500g) diced

Mix the dried spices together with the chilli, oil and lemon juice to form a paste. Stir in the diced chicken, making sure it is evenly covered and marinate for about 30 minutes.

In a pan heat the oil, onions, garlic, chilli and ginger, add the marinated chicken and cook for about 10 minutes. Add the tomato, cooking for a further minute or until the sauce looks like a paste. Add the rice, red pepper and peas and 400ml boiling water, lower the heat and simmer until water has absorbed.

Allow to stand for a few minutes, then garnish with coriander leaves before serving.

Biryani rice
Vegetable oil 1 tbsp
Onion 1 diced
Fresh ginger 10g finely chopped
Garlic cloves 3 finely chopped
Small green chilli 1 finely chopped
Tomato 100g diced and deseeded
Basmati rice 250g
Red pepper 100g diced
Frozen peas 200g
Fresh coriander leaves

Nutritional information per serving
468kcal, 39.5g protein, 64g carbohydrate (5.7g sugar), 8.9g fat (1.4g saturates), 4g fibre, 89mg sodium, 0.23g salt
Preheat oven to 180˚C. Combine garam masala, mint, garlic, and ginger in a food processor to form a paste and spread over the haddock. Leave for 30 minutes to marinate. Roast fish in the oven for 10–15 minutes or until just tender.

Sauté the diced potatoes in the oil for approx 20 minutes until lightly browned and cooked through. Roast the diced vegetables on a tray for about 15–20 minutes.

Simmer the green lentils in water for approx 20 minutes or until tender. Combine roast vegetables and potatoes with the chilli, cumin, lemon juice and coriander. Mix the tamarind paste with 150ml of water and heat gently until it is a little thicker. To serve, place roast vegetables on a plate, top with green lentils, then the spiced fish, drizzle tamarind sauce around the plate.

Tip: you can try using other types or a mix of lentils or fish with this recipe.

Nutritional information per serving
571kcal, 37.2g protein, 89.7g carbohydrate (8.6g sugar), 10.3g fat (1.3g saturates), 6.1g fibre, 156mg sodium, 0.4g salt
Rice and peas with spiced tomato and chapatti

Serves 4
Preparation 20 mins
Cooking 30–40 mins

Ingredients
Onion 75g chopped
Garlic cloves
1 finely chopped
Cooked rice 200g
Kidney beans 300g
Black pepper a pinch

Spiced tomatoes
Tomatoes
1kg roughly chopped
Onion 50g chopped
Curry powder 1tsp
Chilli powder 1tsp
Sugar 1tsp
Juice from 1 lemon
Fresh coriander
1tbsp leaves
Black pepper a pinch

Chapatti
Gram flour 200g
Water
125ml to make dough
Fresh coriander
2tbsp leaves
Vegetable oil 2tsp

Please note the kidney beans used are tinned.

Boil a little water in a pan and add the 75g onion and garlic, cooking until soft. Add the rice and kidney beans and season with black pepper. Keep this hot while you prepare the rest.

Heat a little water in a pan until boiling and add the 50g of onion, cooking until soft. Add the spices, sugar, lemon juice, stir in the tomatoes and allow them to soften. Season with black pepper. Set aside where it will remain hot.

Add some water to the flour, enough to make dough. Knead well. Divide into 4 pieces, rolling each piece to make a thin flat round. Lightly grease a non-stick frying pan and fry the chapatti for a couple of minutes on each side.

To serve, arrange rice mix and spiced tomatoes on plate with chapatti separating the choices. Decorate with coriander leaves and serve with 250g low fat yogurt.

Nutritional information per serving
470kcal, 22.9g protein, 70.7g carbohydrate (17.7g sugar), 12.8g fat (2.01g saturates), 14g fibre, 97mg sodium, 0.25g salt
Prawn, roast red pepper and yam salad

Serves 4
Preparation 15 mins
Cooking 25–30 mins

Ingredients
Shelled prawns
600g deveined
Yam
600g peeled and diced
Crushed cumin seeds 2tsp
Olive oil 2tsp
Red peppers
4 halved and deseeded
Olive oil 2tsp

Salad
Mixed salad leaves 150g
Olive oil 10ml
White wine vinegar 50ml
Black pepper a pinch
Juice of 1 lemon

Prepare the prawns and set aside. Mix together the diced yam and cumin seeds in a bowl, then roast in the oil at 180°C until the yam is soft or approximately 20–25 minutes.

Mix the red peppers and olive oil together in a roasting tin and roast at 180°C for approx 15–20 minutes, until they just start to blacken. Leave to cool and cut into thin strips.

In a small jar, shake the vinegar and oil together, and toss over the mixed leaves. To serve, quickly griddle the prawns on each side. Place a layer of mixed leaves followed by the yam and red pepper. Top with the griddled prawns and finish off with a drizzle of lemon juice.

Tip: you can try using other types of roasted vegetables such as courgettes or asparagus.

Nutritional information per serving
415kcal, 31g protein, 53.8g carbohydrate (12g sugar), 9.9g fat (1.6g saturates), 4.9g fibre, 299mg sodium, 0.76g salt
Spiced grilled chicken, mashed yam and black-eyed bean salsa

Serves 4
Preparation 30 mins plus marinade time
Cooking 30 mins

Ingredients
Chicken breasts
4 (500g) skinned
Cumin seeds 2tsp
Ground coriander 2tsp
Fennel seeds 2tsp
Olive oil 1tsp

Bean salsa
Black-eyed beans 200g
Olive oil 2tsp
Juice of ½ lemon
Garlic clove
1 finely chopped
Fresh coriander
1tbsp leaves
Tomatoes 4 medium

Mashed yam
Yam 600g peeled and roughly chopped
Olive oil 2tsp
Black pepper ½ tsp
Broccoli florets 400g
Carrots 400g cut into batons

Please note the black-eyed beans are tinned.

Grind the spices and mix together in a bowl with 1tsp of olive oil. Cover the chicken with the spices and marinate for at least 30 minutes in the fridge.

Skin the tomatoes by plunging in boiling water for about 20 seconds and then into iced water, drain and remove the skin. Then quarter, remove the seeds and pat dry. Place all the ingredients for the salsa in a bowl, mix thoroughly and set aside.

Cook the yams in boiling water until tender. Mash well, adding a little olive oil and season with black pepper. Set aside, keeping hot.

Preheat oven to 170˚C. In a hot frying pan, seal the marinated chicken on both sides and then cook in oven for approximately 15 minutes or until just tender. When cooked allow to rest and cut into diagonal strips. Boil the broccoli and carrots until tender. Place the mash in the centre of the plate, arrange the chicken on top and serve with the vegetables and salsa on the side.

Nutritional information per serving
502kcal, 43.2g protein, 64.9g carbohydrate (13.3g sugar), 10.8g fat (1.9g saturates), 9.6g fibre, 133mg sodium, 0.34g salt
Indian steamed monkfish on spinach and paneer curry with rice

Serves 4
Preparation 15 mins
Cooking 15 mins

Ingredients
Monkfish
4 fillets (400g) skinned
Juice from 1 lemon
Fresh coriander
2tsp chopped
Ginger powder 2tsp
Black pepper 1tsp
Garam masala 1tsp

For the curry
Olive oil 2tsp
Cumin seeds 2tsp
Garlic cloves 2 finely diced
Onion 1 diced
Okra 100g diced
Courgettes 100g diced
Ginger powder 2tsp
Black pepper 1tsp
Garam masala 2tsp
Paneer 100g cubed
Spinach leaves 500g
Potato 100g peeled and diced into cubes – same size as paneer cubes
Basmati rice 250g

Marinate the monkfish in lemon juice and the coriander, ginger, pepper and garam masala. For the curry, fry the cumin seeds in the olive oil. Add the diced vegetables and fry for a further 3 minutes. Add the remaining dry spices.

Meanwhile blanch the spinach for 30 seconds in boiling water and boil potatoes for 5–10 minutes or until tender. Add the spinach to the curry mix followed by the paneer and potato and allow to simmer.

Cook the monkfish in a slightly oiled pan until cooked through.

To serve, place the monkfish on top of a bed of the spinach and paneer curry. Serve with steamed basmati rice.

Tip: try experimenting with different types of fish and vegetables.

Nutritional information per serving
488kcal, 32g protein, 63.1g carbohydrate (6.7g sugar), 14.1g fat (6.1g saturates), 5.4g fibre, 227mg sodium, 0.58g salt
Caribbean spiced chicken kebabs with chargrilled vegetables and minted sauce vierge

Serves 4
Preparation 20 mins plus marinade time
Cooking 15 mins

Ingredients
Chicken breasts 4 (500g) skinned and cut into pieces
Ginger powder 3 tsp
Cumin powder 3 tsp
Allspice 3 tsp
Paprika powder 2 tsp
Black pepper 2 tsp
Garlic cloves 3 finely diced
Olive oil 1 tbsp

Chargrilled vegetables
Okra 150g diced
Red pepper 150g diced
Yellow pepper 150g diced
Courgettes 150g diced
Aubergine 150g diced
Onion 1 diced
Olive oil 1 tbsp
Yam 600g peeled and cut into thick chunks

Sauce vierge
Fresh mint
2 tsp leaves chopped
Olive oil 1 tbsp

Wooden or metal skewers

Mix all the spices, garlic and oil together in a bowl to form a paste. Add the chicken pieces and coat, leave to marinade for about 30 minutes. Put the chicken pieces on to the skewers and then place on a tray and grill for approx 10 minutes each side or until tender and cooked through.

Mix the okra, peppers, courgettes, aubergine and onion together with the oil. Char grill for a few minutes until cooked. Lightly boil or steam the yam until cooked.

For the sauce vierge, combine oil and chopped mint together for drizzling as decoration on the plate.

To serve, place freshly grilled chicken on a bed of the grilled vegetables, serve with the yam and trickle with a little minted sauce vierge.

Tip: you can try using butternut squash or pumpkin with this recipe.

Nutritional information per serving
473 kcal, 36.7 g protein, 53.6 g carbohydrate (9.9 g sugar), 14.9 g fat (2.5 g saturates), 6.4 g fibre, 95 mg sodium, 0.24 g salt
Indian mixed bean and tofu curry

Please note the chickpeas, red kidney beans and black-eyed beans used are tinned.

Sauté the tofu, onions and garlic in the olive oil until lightly browned. Add the tomatoes, spices, lemon juice and a little water and simmer for a few minutes. Add the beans and peas, and cook until the water has been absorbed. Meanwhile cook the rice in 550ml of water until tender.

To serve, spoon the rice to form a line along the centre of the plate, then place the vegetable curry on either side. Decorate with coriander leaves. Serve with 250g low fat yogurt and the diced tomato, cucumber and onion.

Nutritional information per serving
503kcal, 23g protein, 80.1g carbohydrate (14.3g sugar), 12.9g fat (2.3g saturates), 6.1g fibre, 71.4mg sodium, 0.18g salt