

stroke.org.uk

Stroke  
association

# Tasty and healthy recipes

Inspired by African-Caribbean  
and South Asian flavours



# We are the Stroke Association

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](http://stroke.org.uk)

**Email:** [info@stroke.org.uk](mailto:info@stroke.org.uk)

**Textphone:** 18001 0303 3033 100



# Introduction

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](http://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 2tsp

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 2tsp

Vegetable oil 2tsp

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 2tsp 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 2tsp

Turmeric powder 2tsp

Garam masala 2tsp

Aubergine 400g diced

Tomatoes 200g chopped  
and deseeded

Paneer 200g diced

Boiling water 100ml

Vegetable oil 2tsp

## Pilau rice

Vegetable oil 2tsp

Cinnamon stick 1

Whole cloves 1tsp

Cardamoms 1tsp

Cumin seeds 2tsp

Basmati rice 250g

Boiling water 300ml

Fresh coriander

4tbsp leaves

Heat 2tsp 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 100ml 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 300ml 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

233kcal, 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 3tsp  
Cumin seeds 3tsp  
Garam masala 3tsp  
Cardamom powder 3tsp  
Coriander powder 3tsp  
Small red chilli  
1 finely chopped  
Vegetable oil 1tbsp  
Lemon juice 1tbsp  
Chicken breasts  
4 (500g) diced

## Biryani rice

Vegetable oil 1tbsp  
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

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.

## 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



# Mint tandoori style haddock, spiced roast vegetables and lentils

with tamarind sauce

## Serves 4

Preparation 35 mins

Cooking 45 mins

## Ingredients

Haddock 500g

Garam masala 3tsp

Fresh mint 20g

Garlic cloves

3 finely chopped

Fresh ginger

10g finely chopped

Green lentils 30g

## Roast vegetables

Aubergine 150g diced

Courgette 150g diced

Red pepper 150g diced

Onion 1 diced

Potato 200g diced

Vegetable oil 2tsp

Chilli powder 1tsp

Cumin seeds 1tsp

Lemon juice 2tbsp

Fresh coriander

2tbsp leaves

Tamarind paste 2tbsp

Water 150ml

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 3tsp  
Cumin powder 3tsp  
Allspice 3tsp  
Paprika powder 2tsp  
Black pepper 2tsp  
Garlic cloves 3 finely diced  
Olive oil 1tbsp

### Chargrilled vegetables

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

### Sauce vierge

Fresh mint  
2tsp leaves chopped  
Olive oil 1tbsp  
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 marinate 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

473kcal, 36.7g protein, 53.6g carbohydrate (9.9g sugar), 14.9g fat (2.5g saturates), 6.4g fibre, 95mg sodium, 0.24g salt



# Indian mixed bean and tofu curry

## Serves 4

Preparation 20 mins

Cooking 30 mins

## Ingredients

Tofu 350g diced

Onion 1 diced

Olive oil 2tsp

Garlic cloves 3 diced

Tomatoes 400g diced

Chilli powder 2tsp

Ginger powder 2tsp

Cumin powder 2tsp

Black pepper 1tsp

Turmeric powder 2tsp

Juice of 1 lemon

Red kidney beans 100g

Black-eyed beans 100g

Chickpeas 100g

Basmati rice 250g

Fresh coriander leaves

Low fat yoghurt 250g

Tomato 100g diced

Cucumber 100g diced

Onion 100g diced

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

© Stroke Association 2013

Item Code: **A03RC**

---

Stroke Association is a Company Limited by Guarantee, registered in England and Wales (No 61274).  
Registered office: Stroke Association House, 240 City Road, London EC1V 2PR.  
Registered as a Charity in England and Wales (No 211015) and in Scotland (SC037789).  
Also registered in Northern Ireland (XT33805) Isle of Man (No 945) and Jersey (NPO 369).