

Carb-conscious cooking

Carbohydrates are an important part of a well-balanced diet and, when chosen carefully, give a nourishing boost to our wellbeing. Discover the 'right carbs' and cook your way to better health

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The mantra 'everything in moderation' is particularly pertinent when it comes to what we eat and drink. But, with so many conflicting messages around what we should and shouldn't put onto our plates, it's difficult to find the right balance and know that you are doing what's best for your health. One example is the debate around carbohydrates, and how much is too much. We've all been fed the science behind low-carb meals but research* shows that a diet that includes a moderate amount of carbs – 50 to 55 per cent of your calories – is best for long-term health and wellbeing. This is great news because comfort food twins so warmly well with carbs that make us feel satisfied and blissed out, which is also a scientific fact!**

Award-winning health, cookery and food writer Nicola Graimes has removed the guesswork with her new book *The Right Carb* (Pavilion, £9.99). Packed with practical tips and inspired recipes, you'll be guided to find the 'right' kind of carbs that are nutrient-dense, full of flavour and provide myriad health benefits, such as improved mood and sleep. Forget fad diets and find your way to the nutrition that your mind and body deserve.

SPICED ROASTED VEGETABLES WITH LIME RAITA

This fibre-rich, nutritious one-pan meal is loaded with veg and doesn't need any extras. If you'd like to up the protein content, add cubes of smoked tofu, paneer or halloumi at the same time as the cauliflower.

SERVES 4

- 1 small butternut squash, about 650g, peeled, deseeded and cut into 2.5cm chunks
- 3 parsnips, cut into batons
- 2 red onions, each cut into 6 wedges
- 400g chickpeas, drained
- 5 tbsp extra virgin olive oil
- 2 tsp ground turmeric
- 1 tbsp cumin seeds
- 1 tbsp coriander seeds, crushed
- 1 tbsp garam masala
- 300g cauliflower, broken into small florets
- 250g Brussels sprouts, peeled
- Sea salt and black pepper
- 1 handful toasted, flaked almonds and coriander leaves, to serve

FOR THE LIME RAITA

- 250g plus 2½ tbsp plain yoghurt
- 2 garlic cloves, crushed
- Finely grated zest of 1 and juice of 2 unwaxed limes

1 Preheat the oven to 180°C fan, 200°C, gas mark 6. Put the squash, parsnips, onions and chickpeas in a large bowl. Pour over 3 tablespoons of the oil and turn the vegetables with your hands until coated. Tip into a large roasting tin, or use 2 smaller ones, and roast for 20 minutes, turning once.

2 Meanwhile, mix the remaining oil with the spices and season well with salt and pepper.

3 After 20 minutes, add the cauliflower and sprouts to the tin or tins. Spoon over the spiced oil, add a splash of water and turn until everything is combined. Return to the oven for a further 20 minutes or until the vegetables are tender and starting to caramelize.

4 Meanwhile, make the lime raita. Mix together the yoghurt, garlic and lime juice and season with salt and pepper.

5 Before serving, top the roasted vegetables with the lime zest, almonds and coriander leaves and serve with the raita on the side.

*SCIENCEAILY.COM/RELEASES/2018/08/180817093812-HTML
**MYGENEFOOD.COM/BLOG/CARBS-ADDICTIVE-MAKE-US-HAPPY-LITERALLY

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WHITE FISH WITH BUTTERNUT & GINGER MASH

Mash doesn't have to mean potatoes. Try carrot, sweet potato, parsnip, celeriac or beans. This recipe celebrates Asian flavours of coconut, ginger, chilli and coriander.

SERVES 4

- 2 tbsp extra virgin olive oil
- 3cm piece fresh ginger, peeled and cut into thin matchsticks
- 4 thick hake fillets, or other sustainable firm white fish, such as haddock
- 20g butter
- Sea salt and black pepper
- Steamed long-stem broccoli and lime wedges, to serve

FOR THE MASH

- 1kg butternut squash, peeled and cut into chunks
- 4 whole garlic cloves, peeled
- 5cm piece fresh ginger, peeled and sliced
- 2 red jalapeño chillies, deseeded and diced
- 115ml unsweetened drinking coconut milk
- Juice of ½ lime
- 2 handfuls chopped coriander

- 1** First make the mash. Put the squash in a saucepan with the garlic and ginger, cover with water and bring to the boil. Reduce the heat and simmer until tender. Drain and pick out the ginger. Return the squash to the pan and add half the chilli, most of the coconut milk and the lime juice.
- 2** Mash until smooth, adding coconut milk as needed. Season with salt and pepper and stir in three quarters of the coriander leaves. Taste and add more lime juice, if needed.
- 3** Meanwhile, heat 1 tablespoon of the oil in a frying pan over a medium heat, add the ginger and fry for 2 minutes until crisp. Remove and drain on kitchen paper.
- 4** Season the fish with salt and pepper. Add the remaining oil and the butter to the pan and heat over a high heat. Place the fish in the pan, skin-side down, then reduce the heat to medium. Cook for 3-4 minutes until the skin is crisp and the flesh has cooked two thirds of the way up. Turn the fish, baste and cook for a further 2 minutes until just done.
- 5** Spoon the mash onto plates. Top with the broccoli and fish and scatter over the ginger, chilli and coriander leaves.

OMELETTE WRAP WITH SATAY SAUCE

This is a great alternative to a wheat tortilla. The right carbs come in the form of brown jasmine rice, with veg, peanut sauce and an onion pickle as a nutritious filling.

SERVES 4

- 165g brown jasmine rice, rinsed
- 1 tbsp toasted sesame seeds
- 1 small red onion, thinly sliced
- 2 tbsp apple cider vinegar
- 100g red cabbage, shredded
- 2 carrots, cut into matchsticks
- ½ cucumber, deseeded and cut into ribbons
- 1 large handful coriander leaves
- 8 eggs

• 40g butter

- Sea salt and black pepper

FOR THE SATAY SAUCE

- 150g peanut butter
- Juice of 1 lime
- 2 tsp light soya sauce
- 2 tsp toasted sesame oil, plus extra for the salad
- 5cm piece fresh ginger, peeled and finely grated
- 1 large garlic clove, grated
- ½ tsp dried chilli flakes, plus extra to serve

- 1** Cook the rice according to the packet instructions. Leave for 5 minutes, then stir in the sesame seeds.
- 2** Meanwhile, put the onion in a bowl and pour over the vinegar. Set aside to pickle until ready to serve.
- 3** Blend together all the ingredients for the satay sauce with 4 tablespoons of just-boiled water in a blender.
- 4** Put the cabbage, carrots and cucumber in a bowl, drizzle over a little sesame oil, season with salt and pepper and toss until combined.
- 5** To make the omelettes, beat 2 eggs in a bowl and season. Heat a quarter of the butter in a medium frying pan over a medium-low heat and add the beaten eggs. Tip the pan to coat the base with the eggs and cook for a minute or two until set. Keep the omelette warm, covered, in a low oven while you make the remaining three omelettes.
- 6** To serve, top the omelettes with the rice and the vegetable salad. Spoon over the satay sauce and finish with the onion pickle, coriander and a sprinkling of chilli flakes.

Reader offer

'Psychologies' readers can buy a copy of *'The Right Carb: How To Enjoy Carbs With Over 50 Simple, Nutritious Recipes For Good Health'* by Nicola Graimes for the special price of £8 (RRP £9.99), including free UK P&P. **To order**, call 0141 306 3100 and quote offer code 'CH2053'. Offer valid until 26 March 2021.

