

PHIL VICKERY'S
Ultimate
DIABETES
COOKBOOK



Contents

Introduction	8	Sweet Things	144
Breakfast	18	Sides & Dressings	164
Light bites	38	Index	188
Mains	84	Acknowledgements	192

Foreword by Diabetes UK

Hello,

We all know how important eating well is, whether you've got diabetes or not. But if you do have diabetes then you have to think about food every meal time. Yet that doesn't mean you can't eat delicious food. And this book will give you plenty of great ideas to help you get busy in the kitchen.

Making sure people are confident about their diet is just one of the things Diabetes UK does to help the 4.5 million people in the UK living with diabetes. With someone diagnosed with diabetes every 2 minutes our work has never been more important. When people don't get the right care and support diabetes can cause complications like strokes, heart attacks, blindness and amputations.

We make sure people do get the care and support they need, whether that's through our Helpline, online information, events or local support groups. We also campaign to make sure everyone gets the care they need from the NHS. And we fund research which develops new treatments and will, ultimately, find a cure.

To find out more about how we help people with diabetes and how we might be able to help you or someone you know, check out our website diabetes.org.uk.

We're fighting for a world where diabetes can do no harm. By buying this book you've become part of that fight.

Thank you,

A handwritten signature in black ink, appearing to read 'Chris Askew', with a horizontal line drawn underneath the name.

Chris Askew

Chief Executive of Diabetes UK



Chicken kebabs with peanut dipping sauce

MED fat 8.2g per 100g	LOW sat fat 1.3g per 100g	LOW sugars 2.3g per 100g	LOW salt 0.2g per 100g
------------------------------------	--	---------------------------------------	-------------------------------------

ENERGY 349kcal, **PROTEIN** 29g, **FAT** 19g, **SATURATED FAT** 2.9g,
CARBOHYDRATE 4.7g, **TOTAL SUGARS** 5.3g, **SALT** 0.4g

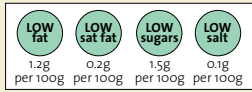
A good tip here, which applies to all Chinese cooking, is to pre-blanch the onions or any vegetable first. This softens them slightly and ensures they're not only quicker to cook, but also nicer to eat. If you are using wooden skewers, soak them in cold water for 20 minutes first, to prevent burning.

2 x 150g boneless chicken breasts, skin removed, cut into 20–30 small pieces
4 tablespoons low-fat natural yogurt
1 tablespoon finely chopped fresh coriander
2 large red onions, cut into chunky pieces
115g peanut butter (smooth or crunchy)
pinch of chilli powder
juice of 1 lemon
freshly ground black pepper

SERVES 4 / **PREP TIME** 15 minutes, plus 15 minutes standing, plus cooling and chilling / **COOKING TIME** 25 minutes

1. Put the chicken pieces in a bowl. Mix together the yogurt and coriander, season with black pepper, then spoon this mixture over the chicken and stir gently to coat the chicken. Cover and leave at room temperature for 15 minutes.
2. Meanwhile, put the red onions in a saucepan and cover with cold water. Bring to the boil, then immediately remove from the heat, drain well and cool.
3. Thread the chicken pieces onto skewers, alternating with the cooled onion pieces, then place on a plate, cover and chill in the fridge for several hours.
4. If you are cooking your kebabs over a barbecue, make sure you preheat it in advance. Otherwise, preheat your grill to medium. Alternatively, you can use a non-stick frying pan for cooking your kebabs, if you prefer. I often cook in a non-stick pan with no oil whatsoever, but you have to cook over a very low heat or the food will burn.
5. Place the kebabs on a rack over the barbecue or under the grill and cook gently for 8–10 minutes on each side, turning once, until the chicken is cooked through.
6. Meanwhile, put the peanut butter, chilli powder, lemon juice and 100ml of water into a small saucepan and heat gently, stirring occasionally, until you have a warm sauce for dipping. Remove from the heat and keep warm.
7. Serve the hot kebabs with the warm dipping sauce.

Simple seafood stew



ENERGY 219kcal, **PROTEIN** 28g, **FAT** 5.8g, **SATURATED FAT** 0.9g,
CARBOHYDRATE 9.4g, **TOTAL SUGARS** 7.2g, **SALT** 0.5g

This is a simple and delicious stew – a base of tomatoes is transformed into a taste of the Mediterranean with a few tasty extras. Just choose your fish depending on what's available and in season. Frozen seafood also works well in this recipe; simply defrost it first.

1 tablespoon olive oil
1 small onion, finely chopped
1 garlic clove, crushed
1 leek, washed and diced
1 small fennel bulb, sliced, then chopped
1 small red pepper, deseeded and diced into 2cm pieces
1 fresh green chilli, deseeded and finely chopped
150ml white wine
400g can chopped tomatoes
250ml reduced salt fish or vegetable stock
350g firm white fish fillets, cut into chunks
200g cleaned and prepared mixed fresh or frozen (defrosted) seafood (such as mussels, king prawns and squid)
a handful of mixed fresh herbs (such as marjoram and fennel tops – reserved from fennel bulb above), roughly chopped, to finish

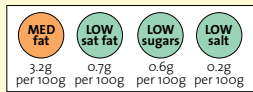
SERVES 4 / **PREP TIME** 10 minutes / **COOKING TIME** 40 minutes

1. Heat the olive oil in a heavy-based saucepan until hot. Add the onion, garlic, leek, fennel, red pepper and chilli and cook gently for about 10 minutes until softened, stirring occasionally. Pour over the wine and bubble for 2 minutes to boil off the alcohol.
2. Stir in the tomatoes and stock, bring gently to the boil, then simmer, uncovered, for about 20 minutes, or until the liquid has reduced and thickened a little, stirring occasionally.
3. Place the fish and seafood on top of the tomato sauce, pressing it lightly into the liquid. Cover the pan, bring back to a simmer and cook gently for 5–10 minutes, or until the fish is just cooked through. You may need to gently turn the fish and seafood in the tomato sauce once. The fish and seafood are cooked when the flesh flakes, the prawns are pink and any mussels are open (discard any that are still closed before serving).
4. Spoon into serving bowls, then scatter over the chopped herbs to finish.





Fish parcels with herby greens



ENERGY 201kcal, **PROTEIN** 30g, **FAT** 7.8g, **SATURATED FAT** 1.6g,
CARBOHYDRATE 1.7g, **TOTAL SUGARS** 1.4g, **SALT** 0.5g

I really love Swiss chard, particularly with the rainbow stems, which makes a welcome change from spinach and kale. Packed full of good plant nutrition. This recipe uses the leafy greens, but the stems are also delicious served separately – sliced like celery and braise them in stock for 5 minutes to soften.

150g Swiss chard (or young spinach leaves)
small bunch of fresh dill, roughly chopped (or lemon thyme)
1 fresh red chilli, deseeded and cut into matchsticks
2 x 150g skinless, boneless white fish fillets (or salmon fillets)
2 teaspoons lemon juice
2 teaspoons olive oil
salt and freshly ground black pepper
1 tablespoon half-fat crème fraîche, to serve

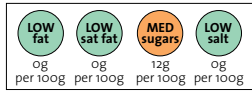
SERVES 2 / PREP TIME 10 minutes / **COOKING TIME** 10–15 minutes

1. Preheat the oven to 180°C/gas mark 4. Cut 2 squares of baking parchment, each large enough to contain the fish and greens in a parcel with a fold over the top.
2. To prepare the chard, lay the leaves flat, then trim out the stalks. Pile the leaves together and roll them up (like a cigar), then slice and chop.
3. Pile the chard, dill and red chilli in the centre of each piece of baking parchment, dividing evenly, then place a fish fillet on top of each. Sprinkle with 2 teaspoons of water, the lemon juice and olive oil, dividing evenly between the two parcels. For each parcel, bring up the sides of the paper, make a fold over the top and seal the paper like a packet.
4. Place the parcels on a baking tray and bake for 15–20 minutes, or until the fish is just cooked. Carefully open up the parcels, season with salt and black pepper and then serve each with a small dollop of crème fraîche on top. Serve with Carrot, Chilli and Lime Mash (see page 167).

NUTRITION TIP

Chard tastes similar to spinach, only it's prettier: some have rainbow coloured stems and stalks. It reduces in size during cooking allowing you to eat more greens. It is a powerhouse of vitamins and minerals.

Cherry compote



ENERGY 48kcal, PROTEIN 1g, FAT 0g, SATURATED FAT 0g,
CARBOHYDRATE 12g, TOTAL SUGARS 12g, SALT 0g

Deep-red juicy cherries are one of the joys of summer to eat fresh during their all-too-short season, but if there is ever an abundance, then do make this compote for dessert and enjoy a spoonful or two on natural yogurt or quark.

200g ripe, deep-red fresh cherries
3 fresh lemonbalm leaves (optional)

SERVES 2 / PREP TIME 10 minutes / COOKING TIME 15 minutes

1. Preheat the oven to 190°C/gas mark 5.
2. Halve the cherries and remove the stones. Pile the cherries on a large piece of foil, add the lemonbalm leaves (if you have some), then gather up the foil around the cherries and seal to make a parcel.
3. Put the foil parcel onto a baking tray and roast for about 15 minutes until the cherries are juicy but still holding their shape.
4. Remove from the oven, open the parcel and tip the hot cherries and all their lovely juices into a serving bowl. Serve the cherry compote hot, or leave it to cool, then cover and chill in the fridge until you would like it. The compote will keep in an airtight container in the fridge for up to two days.

NUTRITION TIP

The deep red colour of cherries comes from a beneficial plant pigment called anthocyanin, a powerful antioxidant thought to help prevent oxygen reacting with other substances in our body and creating damage. All cherries contain high concentrations, but sour cherries contain even more of the good stuff than the sweet ones: great for cooking with. More phytonutrients in cherries are under scientific investigation for many beneficial effects on our bodies.

