

HEALTHY EATING GUIDE

FREE!



CULTURAL COOKING:
THE HEALTHY WAY



RECIPES
MEAL PLANS
GROCERY LISTS



LIMITED EDITION

WELCOME

Healthy Eating

Minority ethnic groups in England often encounter challenges in adopting healthy eating habits due to a lack of culturally relevant nutrition resources and communication channels.

As a result, these groups face higher rates of diet-related health issues, which are exacerbated by social inequalities and an increased risk of developing certain diseases, even at lower body mass index (BMI).

About Diversity House

Diversity House was formally opened on the 27th of March 2007 with an office in ISP House, Church Street, Sittingbourne, as charitable organisation providing both community and prison-based services for diverse communities across Kent.

The charity aims to promote community integration, re-integration, social inclusion and cohesion within the Swale and Kent communities. It is our belief that individuals, regardless of their race, ethnicity, age, gender, disability, religion and beliefs, sexuality, sexual orientation, social class, and other social factors, should be treated with dignity, respect and adequate opportunities to access services within the community.

We are now also listed as a local group on the Co-operate which is created with communities, for communities, and is owned by communities.

This guide aims to bridge this gap by developing culturally appropriate educational interventions tailored to the needs of minority ethnic groups. We will implement innovative and non-traditional educational techniques that consider the cultural nuances of these communities.

Our ultimate goal is to promote healthy weight and lifestyle by improving dietary behaviors, enhancing nutrition knowledge, and reducing health inequalities among these groups.



Black African Cultural Foods and Groceries

Black communities in England face challenges in balancing traditional meals with healthier options, as many traditional dishes can be high in fats, sugars, and salts. This, along with a lack of culturally relevant nutrition resources, leads to higher rates of diet-related health issues.

This guide aims to address these challenges by developing culturally appropriate educational interventions. Our goal is to create innovative techniques that resonate with Black communities, promoting healthier dietary behaviors, enhancing nutrition knowledge, and reducing health inequalities.

Staples & Grains

- Fufu flour
- Semolina
- Garri
- Poundo flour
- Rice flour
- Rice
- Bread



Oils

- Palm oil
- Coconut oil
- Groundnut oil (Peanut Oil)
- Shea butter

Vegetables & Greens

- Okra
- Bitterleaf
- Ewedu (Jute leaves)
- Ugu (fluted pumpkin leaves)
- Efo
- Water leave

Tubers & Root Veg

- Cassava
- Yams
- Plantains (ripe and unripe)
- Sweet potatoes
- Cocoyam

Condiments & Sauces

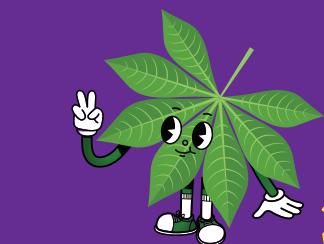
- Tomato paste
- Pepper sauce
- Groundnut paste (Peanut butter)
- Stew base mix
- Chilli peppers (fresh, dried or powdered)

Spices & Seasonings

- Suya spice
- Jollof seasoning
- Curry powder
- Thyme
- African Nutmeg (ehuru)
- Uziza seeds
- Dawadawa (fermented locust beans)
- Maggi

Fruit

- Plantains
- Mangoes
- Papayas
- Bananas
- Guava
- Orange
- Tangerine
- African star Apple (agbalumo)
- Apples
- Watermelon



Meats & Fish

- Dried fish



Suggested one-week Meal Plan

Black African Cultural Meal Plan



Day	Meal	Description
MONDAY	Breakfast	Pap with Akara and fresh juice
	Lunch	Fried rice with chicken and coleslaw
	Dinner	Okra soup with pounded yam
	Snacks	Puff-puff

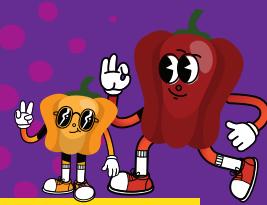


Day	Meal	Description
TUESDAY	Breakfast	Bread, egg, and tea
	Lunch	Egbo/corn meal with panya and beans
	Dinner	Boiled plantain with fish stew and fruits
	Snacks	Chin chin



Day	Meal	Description
WEDNESDAY	Breakfast	Custard with moi moi and fresh juice
	Lunch	Jollof rice with beef and coleslaw
	Dinner	Grilled chicken with oven-baked chips and salad
	Snacks	Scotch egg

Suggested one-week Meal Plan



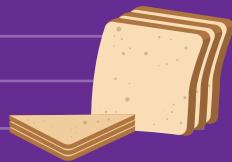
Day	Meal	Description
THURSDAY	Breakfast	Pancakes with fresh juice
	Lunch	Boiled yam with egg stew
	Dinner	Egusi soup with fufu
	Snacks	Plantain chips



Day	Meal	Description
FRIDAY	Breakfast	Oats with boiled egg and fresh juice
	Lunch	Rice and beans with fish and coleslaw
	Dinner	Boiled plantain with egg stew
	Snacks	Meat pie



Day	Meal	Description
SATURDAY	Breakfast	Bread, egg, and tea
	Lunch	Yam porridge with fried plantain and meat
	Dinner	Banga soup with amala
	Snacks	



Day	Meal	Description
SUNDAY	Breakfast	Pap with moi moi and fresh juice
	Lunch	
	Dinner	Grilled fish with oven-baked chips and salad
	Snacks	Sausage roll



Jollof Rice Recipe

- Tomatoes
- Red bell pepper
- Red onion
- Fresh ginger
- Garlic
- Scotch bonnet pepper
- Sunflower oil
- Rice
- Paprika powder
- Dried thyme
- Nutmeg
- Bay leaf
- Salt
- Vegetable stock

Healthy idea:

Swap out the sunflower oil for cooking spray



1. Chop tomatoes, onions, bell pepper, ginger, garlic, scotch bonnet pepper and puree in a blender/food processor.
2. Cook the pureed mixture in a pot with hot cooking oil over medium-high heat. Stir together and place a lid over it, reduce heat to low, and simmer for 20 minutes.
3. Stir in the spices and seasonings (Paprika, thyme, nutmeg, bay leaf and salt), then add the rice and vegetable or meat stock and stir together.
4. Place a piece of aluminium foil into the pot, covering the entire surface of the rice, then place a lid over the pot. Cook for 20 minutes on low heat (stirring occasionally).
5. Remove the lid, bin the aluminium foil and give the rice a gentle stir, then return the lid and cook for another 5 minutes.



Egusi Soup Recipe

- Ground melon
- smoked turkey
- Smoked Mackerel
- salt
- Beef stock cubes
- Nigerian pepper mix
- Dried Prawns
- Iru woro or pete (locust beans): substitute with ogiri or omit if you do not have it
- Palm oil
- Spinach: any type of spinach can be used but I used baby spinach



Healthy idea:

Just skip the step where you add palm oil.



1. Add ground melon to a bowl, add about a cup of water and mix to form a paste then set aside. Wash and chop the spinach, drain in a colander and set aside.
2. Place a big pan on medium heat, add palm oil and heat for about 3 minutes (Do not bleach oil) add the reserved chopped onions and Sauté till translucent
3. Add pepper mix, locust beans and stir to combine. Bring to boil for 5 minutes.
4. Add the egusi paste in bits to pepper, reduce the heat, do not stir and cover the pot with a lid. Cook for another 10 minutes.
5. Remove the lid, and gently stir the soup. The egusi would be lumpy at this point, use the back of a ladle to break the lumps it into desired size/texture
6. Add smoked turkey, ground crayfish and crayfish, beef stock (if using) and stir to combine. Add bouillon cubes, taste and adjust accordingly. I didn't add salt to this soup as the smoked turkey and mackerel already contained salt. Continue to cook for another 10 minutes, check at intervals and stir to avoid burning if need be
7. Add shredded smoked mackerel and gently stir into the soup. Add chopped spinach, stir to combine and cook for another 3 to 5 minutes. Take it off the heat, allow to cool for about 10 minutes before serving

Moi moi Recipe

- Black-eyed Peas or honey beans (Ewa oloyin)
- Peppers - red bell peppers (tatashe) and scotch bonnet(rodo)
- Onion
- Crayfish
- Vegetable Oil/Palm oil
- Chicken bouillon Cubes
- Fish - The fish is boiled and cut into chunks.
- Hard-boiled Eggs
- Boiled beef liver - optional.
- Salt

1. Soak the beans. It would be best to soak your beans for about 10 to 20 minutes. Dryer beans tend to be ready faster, while less dry beans will take a little longer.
2. Peel your beans. You can peel your beans manually by rubbing them together between your palms. That is a long process, so I have found a shortcut for peeling. I use a food processor. This is a fast way to peel your beans.
3. Sieve the skin of the beans out. After peeling, wash your beans and sieve out the skin until you get clean beans. The skin would float itself while the seed would go down. You can soak the beans for 10 minutes more to make them softer.
4. Blend the beans and other ingredients - Add the beans into the blender with pepper and onions. Add bouillon cubes, salt, and crayfish. Add a cup of water to blend.



Healthy idea:

Swap out the sunflower oil for cooking spray

5. Turn the batter into a bowl. Inside the batter, add the groundnut oil and mix.
6. Add fish chunks or liver. You can add boiled fish already cut into chunks or pour in liver cut into small pieces. Keep mixing.
7. Prepare the bowls - Depending on what you want to use for your Moi Moi, wash it and oil the plates. I used Ramekins Bakeware for this recipe.
8. Portion the batter to the bowls.
9. Add the boiled egg on top. Add your boiled egg on top. You don't have to push it deep into the mix.
10. Put the pot on the stove and add boiled water.
11. Arrange the Moi Moi in the pot and cover. Allow it to steam for like 45 minutes. If you notice that the water in the pot has dried up, carefully add more water.
12. Carefully remove the Moi Moi from the plate and enjoy.

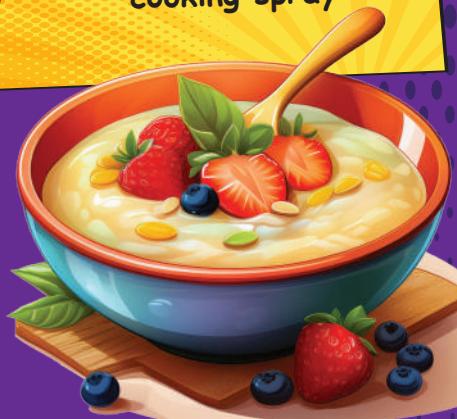
Yam Porridge Recipe

- A tuber of yam (about 1kg)
- Red bell pepper (Tatashe)
- Scotch bonnet chillies (Ata Rodo)
- Onion
- Palm oil / vegetable oil
- Beef Seasoning powder or stock cubes
- Salt
- Mackerel fish, cleaned (substitute with dry fish or smoked fish)
- Beef stock (optional) as you can also use water
- Spinach or any green vegetable

VS

Healthy idea:

Swap out the sunflower oil for cooking spray



1. Peel and cut yam into chunks
2. Roughly blend red bell pepper, scotch bonnet chill and onions together on a pulse and set aside
3. Boil fish for about 5 minutes with seasoning, salt. Save fish broth for the porridge if you are not using beef stock
4. Place a small pan on medium heat, add palm oil and heat for about 2 minutes. Add chopped onions and fry till onions are translucent. Take it off the heat and set aside. This is to be added to the yam at the tail end of the cooking.
5. De-bone fish, flake and set aside

HOW TO MAKE YAM PORRIDGE (ASARO)

6. Place a pan on medium heat; add yam chunks, blended pepper mixture and enough water to cover it (about one

cm above the yam or keep it at the same level), add salt and bring to boil till yam is almost tender. Reduce the heat if you have to avoid the yam burning. Add stock or water to yam in between cooking if need be

7. Once yam is almost tender add already heated palm oil and chopped onions to the yam and continue to cook till yam is tender
8. Add seasoning (maggi/knorr) to your taste and check for salt
9. Using a wooden ladle, break yam into pieces but not to puree, leave some yam chunks if you desire. Add flaked fish and stir together gently to avoid breaking the fish and yam more, cook for another 2-3 minutes
10. Finally, add chopped spinach (or any other green vegetable), fold into porridge and cook for another 3 minutes. Serve with side of choices

Healthy Puff Puff

- 300 ml all-purpose flour
- 70 grams sugar
- 1½ tsp yeast
- 3 tbsp condensed milk
- ½ tsp salt
- ½ tsp nutmeg
- 237 ml warm water
- 750 grams lard or
Coconut oil (for frying)



Healthy idea:

Nigeria's popular snack, puff puff - same flavour, same texture - just made with lard and no seed oils! So much healthier!

1. Prepare the Batter:
In a large bowl, combine the dry ingredients: flour, sugar, yeast, salt, and nutmeg. Mix them thoroughly.
2. Add the condensed milk and warm water to the dry mixture. Stir continuously with a whisk until you have a smooth, wet doughy mixture. Cover the bowl with cling film or a tea towel. Let it rest for 1 hour and 15 minutes, allowing the yeast to work and the batter to rise.
3. Frying the Puff Puff
Heat the lard in a deep pot over medium heat. To test if it's hot enough, drop a small bit of batter into the oil; if it sizzles and comes up, it's ready. Carefully

drop the batter into the hot lard in ball shapes using your hand or a ladle. Fry the puff puff, turning them frequently, until they achieve a golden to dark brown color. Once done, remove them using a slotted spoon and drain on a bowl lined with kitchen paper towels to remove excess oil.

Serving Optional:
Once slightly cooled, sprinkle the top with a little sugar or icing sugar for an extra sweet touch.

Serve your Delicious Nigerian Puff Puff warm and enjoy the delightful textures and flavours!



Air Fryer Chin Chin Recipe

- 3 $\frac{1}{2}$ cups (440g) all-purpose flour plus more for rolling
- $\frac{1}{2}$ teaspoon (2g) baking powder
- $\frac{1}{2}$ teaspoon (2.5g) salt
- $\frac{1}{2}$ - $\frac{3}{4}$ cup (100g-150g) sugar
- 1-2 teaspoons (2g-4g) grated nutmeg
- 1 teaspoon (2g) grated lime zest
- 1/3 cup (75.67g) margarine/butter
- 1 large egg
- $\frac{3}{4}$ cup (180ml) milk



VS Healthier!

Now, I know you're already wondering if it tastes the same as the regular ones submerged in oil. Well, it doesn't really have much difference because most of the ingredients are the same. It's simply healthier!

1. In a large bowl mix together flour, baking powder, salt, sugar, nutmeg, and grated lime.
2. Then add the butter to the flour and mix well until the butter is well incorporated with the flour.
3. Whisk the egg into the mixture. Keep mixing until you have formed a sticky dough ball.
4. Dump the dough ball onto a floured surface and knead, incorporating more flour into the dough as needed, until the dough is smooth, elastic, and even in color and no longer sticky.
5. Divide the dough in half. On a floured board, roll each half about inches thick. Just like linguine or fettuccine. You can make it easy by using a pasta machine if you have one available. Make shapes as desired.
6. Preheat Air Fryer according to manufacturer instruction. Set at 300 degrees.
7. Remove the basket from the air fryer and spray the basket with cooking oil spray.
8. Place the cut out chin in the basket in a single layer. Spray them with a cooking oil spray.
9. Cook for 15-18 minutes. Take the basket out and give the chips a test. If the chips still aren't crisp, continue cooking for another 2 minutes. You will have to shake the basket several times for even cooking.

Disclaimer: Cooking times will vary depending on what type of air fryer you use and the color you like. If the settings above do not work for you, adjust accordingly.

Oven Instructions: Preheat oven to 375 °F. Line a cookie sheet with foil or parchment paper. Place the chin chin on the sheet pan and spray them with cooking spray. Bake for 6 minutes. Might take up to 10 minutes, depending on your oven.

Afang Soup Recipe

- 1kg Assorted meats (Beef, Smoked Turkey, Goat meat, Shaki, Ponmo, Cow leg are ideal)
- 4 Bunches of Water leaves
- 3 Cups Okazi/ Afang leaves
- 2 Cooking Spoons Palm Oil
- 1-2 Pieces Smoked Fish
- 3 Pieces Stockfish
- 2 Cups Periwinkles with or without the Shells on
- 1-2 cooking spoons fresh ground Scotch Bonnet pepper
- 1 Cooking Spoon Crayfish Powder
- 2 Knorr Chicken Cubes
- 1 Maggi Crayfish
- Salt to taste

Healthy idea:

Just skip step 8,
and
don't add Palm oil

1. Boil the meats on high heat, starting with tougher meats first. Offals may be boiled separately if they are bloody. Add salt and Knorr Chicken Cubes and seasoning, onions are optional, I don't use any. I gather onions aren't needed when preparing authentic Afang soup.
2. When the meats are almost soft, add the Smoked fish and continue to boil till very soft. While the meats are cooking, get the leaves ready.
3. Slice and wash the Water leaves to remove all traces of dirt. Also wash and soak the Okazi/ Afang leaves in hot water for 2 minutes. This process will help soften the Afang leaves.
4. Then transfer the Afang leaves into a blender, add a small amount of water, then blend to your preferred consistency. You may also Pound or grind the Afang leaves.
5. Soak the smoked Catfish in hot water, clean to remove traces of dirt then shred and set aside.
6. When the meats are well cooked, you should end up with 1-2 Cups of Stock. To this, add the Crayfish, blended pepper, Smoked Prawns, Smoked Fish, Maggi Crayfish and Periwinkles if you're using any. Turn the heat down to medium. Leave to cook for 3-5. minutes.
7. Now, add the washed Water leaves, stir and combine. Then leave to cook for 2-3 minutes. The Water leaves will wilt in the soup as it's got quite a lot of water contents, do not be tempted to add too much. Remember we'll still be adding Afang leaves.
8. Now, add the Palm oil, stir and combine, leave to cook for 3 minutes.
9. Add the blended Okazi /Afang leaves, stir and combine, leave to cook for 5 minutes or until the leaves are tender enough for you. Taste for seasoning at this time and adjust if necessary.
10. Switch the heat off and let it simmer with the residual heat for another minute or two.
11. And it's ready...

Ofe Nsala Recipe

- 500gms Assorted Meat or Chicken
- 1 Medium Size Fresh Fish (prefer Catfish)
- 2-3 Pieces of Stockfish/Panla (the head)
- 1 Medium Size Smoked fish
- 1 Tablespoon Crayfish
- 2 Tablespoons Dry Ground Pepper or 3 Fresh Yellow Atarodo
- 1 Small Chunk of Ogiri Okpei/Dawadawa
- 2-3 Tablespoons Uziza Leaves OR 1 Tablespoon Utazi or Both
- 2 Calabash Nutmeg seed (Ehuru)
- 1 Uda pod
- 1 Teaspoon Uziza seeds (If you can't find Ehuru, Uda or Uziza seeds, just use 2 tbsls pepper soup spice)
- 4 Medium Slices of Yam
- 2 Knorr Cubes
- Salt to taste



Healthy idea:

Be careful when adding salt as your broth already contains salt.

blender or food processor, set aside. I added more hot water than normal to my yam so the consistency wouldn't be too thick and would dissolve faster.

6. When it's tender, add the ground Uziza seeds, Uda and Ehuru or Pepper Soup spice, also add the rest of the Crayfish, dissolve the Ogiri/ Dawadawa in water and add, boil for a further 2 minutes.
7. Now, add the fresh fish and cleaned smoked fish. Reduce the heat to low, cook for 7-10 minutes.
8. Take the fresh fish out afterwards, you may wish to shred your cooked Stockfish at this time and add back into the broth, I just prefer mine left in whole. Now, add more water to the broth depending on the quantity of soup you require. Taste for seasoning, add the 2nd Knorr cube if needed
9. Now, add the pounded yam or your referred thickener. If you're using Achi, mix with water before adding, this is to prevent your soup from being lumpy. Give the contents a good stir and leave to cook till the yam is completely dissolved, this should take 8-10 minutes.
10. The consistency of your Ofe Nsala will depend on your preference, I like mine slightly fluid.
11. Add the fresh fish back into the pot, rock the pot gently to combine, this is so you don't break the fish using a spoon.
12. Now add the washed Utazi or Uziza or both. Be careful when adding Utazi as it's quite bitter, too much will make your soup really bitter and inedible. You can also add more leaves than I did, I just don't particularly like Ofe Nsala too leafy.
13. Turn the heat off and leave to simmer for 2-3 minutes. And it's done.

Baked Scotch Egg Recipe

- 1 (8 ounce) package bulk pork sausage
- 4 large hard-boiled eggs, peeled
- 1 large egg
- $\frac{1}{2}$ cup Italian bread crumbs



Healthy idea:

Baked not fried!

1. Preheat the oven to 450 degrees F (230 degrees C). Line a baking pan with aluminum foil. Place a wire rack over the foil.
2. Cut and form pork sausage into 2-ounce patties. Place a hard-boiled egg in the center of each patty and press sausage around the egg.
3. Beat raw egg in a small bowl. Place bread crumbs in another bowl. Dip each patty into the egg; roll in the bread crumbs to coat. Place coated patties on the wire rack.
4. Bake in the preheated oven until golden brown, 20 to 22 minutes. Serve hot.



Plantain with Egg Recipe

- 3 piece plantain,
- 5 pieces tomatoes
- 4 raw eggs
- 5 spoon oil for the egg sauce
- Seasonings
- Water for cooking



Healthy idea:

Swap out the sunflower oil for cooking spray

1. Peel your plantain And cut into desired size
2. Place in a pot and cover with water
3. Add your salt and boil for 7 mins
4. Place them in a clean plate and leave to cool
5. For the egg sauce: slice your tomatoes
6. Place your pan on your gas add your oil, add your tomatoes fry for 3mins add the seasonings add your battered egg stir well add a little water cook for 2mins
7. Then serve



Coleslaw Recipe

Homemade Coleslaw Dressing:
plain greek yoghurt, olive oil,
apple cider vinegar, maple syrup,
garlic, salt and pepper

- Green Cabbage
- Red Cabbage
- Carrot



Healthy idea:

No mayonnaise
coleslaw, we use Greek
Yoghurt instead, to make
it healthier

Use a whisk, fork or even spoon
until there are no more streaks
of olive oil.

Homemade coleslaw dressing:

1. Mix the Greek yoghurt, olive oil, apple cider vinegar, maple syrup, garlic, salt and pepper

Coleslaw construction:

1. Shred the Cabbage and Carrots in to strips.
2. Give everything a gentle toss and your fresh, healthy coleslaw is ready

Couscous Recipe

- $1\frac{3}{4}$ cups low-sodium chicken or vegetable broth (or water)
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon unsalted butter
- 1 tablespoon extra-virgin olive oil
- $1\frac{1}{2}$ cups (10 oz) instant couscous



Healthy idea:

Don't add
extra salt



In a medium saucepan, bring the water (or broth), salt, butter, and oil to a boil. Stir in the couscous, cover tightly with a lid, and remove from heat. Let the couscous steam for 5 minutes. Use a fork to fluff the couscous and break up any clumps. Serve warm.

Asian Cultural Foods and Groceries

Asian communities in England face challenges in balancing traditional meals with healthier options, as many traditional dishes are high in fats, sugars, and salts. This, along with a lack of culturally relevant nutrition resources, leads to higher rates of diet-related health issues.

This guide aims to address these challenges by developing culturally appropriate educational interventions. Our goal is to create innovative techniques that resonate with Asian communities, promoting healthier dietary behaviors, enhancing nutrition knowledge, and reducing health inequalities.

Staples & Grains

- Rice (Jasmine Rice, Basmati Rice, Glutinous (Sticky) Rice)
- Noodles (Ramen Noodles, Udon Noodles, Soba Noodles, Rice Noodles, Glass (Cellophane) Noodles, Egg Noodles etc)
- Flours (Rice Flour, Tapioca Flour, Chickpea Flour (Besan), Wheat Flour (Atta for roti))
- Bread (Roti, Naan, Pita Bread)

Vegetables & Greens

- Bok Choy
- Napa Cabbage
- Chinese Broccoli (Gai Lan)
- Lotus Root
- Daikon Radish
- Taro Root
- Thai Eggplant
- Bean Sprouts
- Bitter Melon

Legumes & Pulses

- Red Lentils (Masoor Dal)
- Green Lentils (Moong Dal)
- Chickpeas (Garbanzo Beans)
- Black Beans
- Soybeans



Spices & Seasonings

- Soy Sauce
- Fish Sauce
- Hoisin Sauce
- Oyster Sauce
- Sesame Oil
- Rice Vinegar
- Mirin
- Miso Paste
- Curry Paste (Red, Green, Yellow)
- Five-Spice Powder
- Garam Masala
- Turmeric
- Cumin
- Coriander
- Fenugreek
- Mustard Seeds

Meats & Fish

- Tofu
- Tempeh
- Dried Fish
- Fresh Fish (Tilapia, Mackerel)
- Chicken
- Lamb
- Pork



Tubers & Root Veg

- Ginger Root
- Galangal
- Turmeric Root
- Sweet Potatoes
- Yams

Fruit

- Mangoes
- Lychee
- Dragon Fruit
- Longan
- Rambutan
- Jackfruit
- Durian
- Papaya
- Pineapple
- Bananas (small varieties like Burro or Baby)
- Coconut



Oils

- Peanut Oil
- Coconut Oil
- Sesame Oil
- Mustard Oil

Condiments & Sauces

- Seaweed (Nori, Wakame)
- Bamboo Shoots
- Water Chestnuts
- Rice Paper
- Wonton Wrappers
- Panko Breadcrumbs
- Fermented Black Beans
- Kimchi
- Pickled Vegetables
- Canned Coconut Milk



Suggested one-week Meal Plan

Asian Cultural Meal Plan



Day	Meal	Description
MONDAY	Breakfast	Congee (rice porridge) with pickled vegetables
	Lunch	Chicken stir-fry with vegetables and rice
	Dinner	Beef curry with jasmine rice
	Snacks	Spring rolls

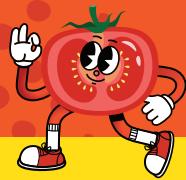


Day	Meal	Description
TUESDAY	Breakfast	Aloo paratha with yogurt and chutney
	Lunch	Pad Thai with shrimp and peanuts
	Dinner	Teriyaki salmon with steamed broccoli and rice
	Snacks	Edamame



Day	Meal	Description
WEDNESDAY	Breakfast	Pho (Vietnamese noodle soup)
	Lunch	Vegetable biryani with raita
	Dinner	Chicken adobo with garlic fried rice
	Snacks	Sushi rolls

Suggested one-week Meal Plan



Day	Meal	Description
THURSDAY	Breakfast	Roti with scrambled eggs and tea
	Lunch	Sweet and sour chicken with steamed rice
	Dinner	Miso soup with tofu and seaweed
	Snacks	Prawn crackers



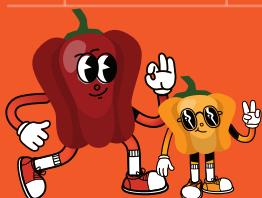
Day	Meal	Description
FRIDAY	Breakfast	Idli with coconut chutney and sambar
	Lunch	Lamb kebabs with naan and salad
	Dinner	Spicy fish curry with basmati rice
	Snacks	Dim sum



Day	Meal	Description
SATURDAY	Breakfast	Japanese pancakes with matcha tea
	Lunch	Kimchi fried rice with pork
	Dinner	Paneer tikka masala with garlic naan
	Snacks	Tempura vegetables



Day	Meal	Description
SUNDAY	Breakfast	Nasi lemak with boiled egg and sambal
	Lunch	Beef bulgogi with steamed rice and kimchi
	Dinner	Thai green curry with jasmine rice
	Snacks	Mango sticky rice



Chicken Biryani Recipe

- 2 cups basmati rice
- 700-800g chicken cut into large pieces
- 1 cup yogurt curd
- 4 onion sliced
- 1 tsp ginger paste
- 1/2 tsp garlic paste
- 1 tsp green chilli paste
- 1/2 cup tomato puree
- 2 tsp red chilli powder
- 1 tsp turmeric powder
- 1 tsp cumin powder roasted
- 2 tsp garam masala powder
- 1/2 cup milk
- saffron or food colour
- 1 tsp coriander powder
- salt to taste
- 5 tbsp cooking oil



Healthy idea:

Swap out the sunflower oil for cooking spray

1. In a bowl, mix tomato puree, yoghurt, ginger garlic paste, green chilli paste, red chilli powder, turmeric powder, roasted cumin powder, garam masala, coriander powder, and salt. Stir well.
2. Marinate the chicken with this mixture and set it aside for 1 hour. (If you're in a hurry, you can skip this step)
3. Heat oil in a pan. Fry the onions until golden brown, remove them from the oil, and sprinkle some sugar on them to keep them crispy.
4. Add the marinated chicken to the pan with the fried onions and cook for 15 minutes.
5. Then turn off the heat. (You can also use ready-made biryani masala instead of these spices)
6. In another pot, boil 4 cups of water.
7. Add the washed rice to the boiling water and cook it until it is about 75% done. Then remove it from the water.
8. Take a large pot and layer the bottom with some undercooked rice.
9. Add a layer of cooked chicken pieces with gravy. Repeat this process one more time. The top layer should be rice. (There will be a total of 3 layers of rice and 2 layers of chicken)
10. Mix saffron or food colour with milk and pour it over the rice.
11. Put 1 tablespoon of ghee on the top layer and sprinkle some fried onions. Cover the pot and cook on low heat for 12-15 minutes.
12. Serve the Chicken Biryani hot with some salad, such as cucumber, onion, and lemon slices.

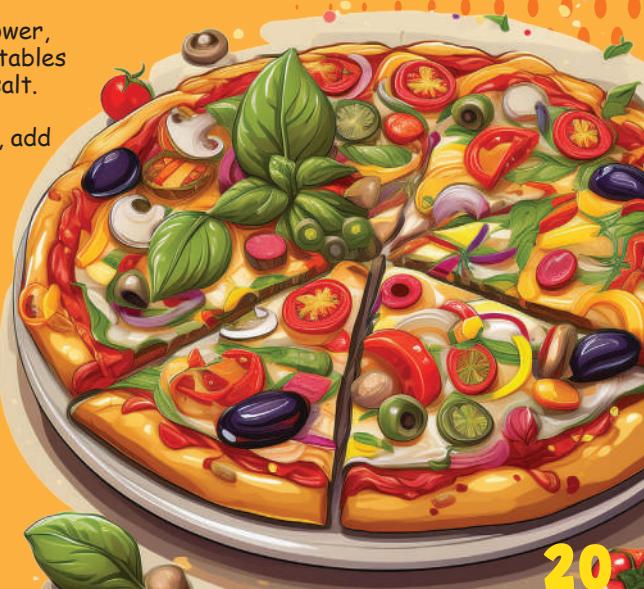
Vegetable Pizza Recipe

- 1/2 cup cabbage
- 1/2 cup cauliflower
- 1/4 cup carrot
- 1/4 cup capsicum
- 1/4 cup tomato
- mustard seeds
- tomato sauce
- turmeric powder
- chili powder
- salt to taste
- coriander leaves
- 1 cup flour
- yeast
- cooking oil

Healthy idea:

Swap out the sunflower oil for cooking spray

1. First, mix flour, salt, yeast, and sugar. Keep it covered for an hour until it rises. Then, knead it well like a dough.
2. Next, boil cabbage, cauliflower, and capsicum. Fry the vegetables in soybean oil with a little salt.
3. Spread sauce on the dough, add the cooked vegetables, and finally, sprinkle grated cheese on top.
4. Bake in an oven or on a stovetop for 30 minutes at a medium flame. Enjoy your delicious Vegetable Pizza!



Mung Dhal Recipe

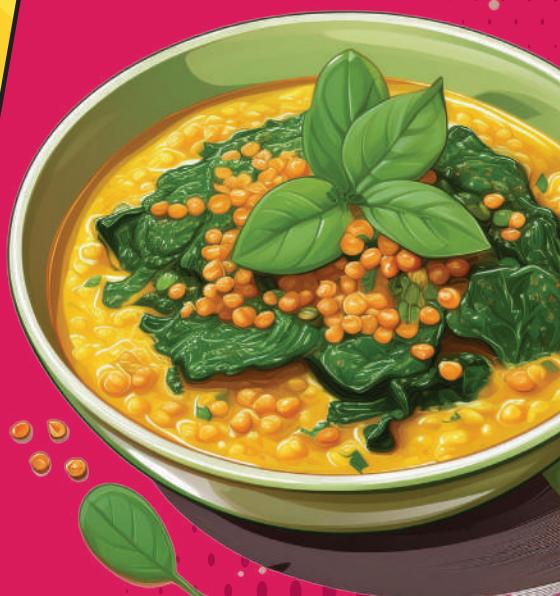
with spinach, grilled salmon and wholemeal chapati (Asian)

- 57g mung dahl (split or husked mung beans/peas)
- 50g new potatoes, halved and boiled until tender
- 125g spinach, washed and finely chopped
- 1/2 tbsp rapeseed oil
- 1/2 tsp chopped fresh ginger
- 1-2 green chillies chopped
- 1/4 tsp cumin seeds
- 1/4 tsp turmeric
- Juice of 1/4 lime

Healthy idea:

Swap out the rapeseed oil for low-calorie cooking spray

1. Wash dhal in several changes of water.
2. Heat the oil in a pan and fry the ginger, green chillies and cumin for 1 minute.
3. Add the dhal and spinach and cook for another 1-2 minutes.
4. Add the turmeric and 1 litre water.
5. Cook, uncovered on low heat, stirring from time to time till dhal tender. You may need to add extra water. Stir in lime juice and cooked potatoes and warm through.
6. Serve with pitta bread or brown rice. Grilled Salmon or wholemeal chapati



Chicken Tikka Masala Rice Bowl

- 1 tbsp vegetable oil
- 1 medium size onion, chopped
- 2 tsp tikka masala curry paste
- 100g frozen, skinless chicken breast fillet, defrosted and cut into chunks
- 1 tin of chickpeas, drained and washed
- 100g of dried brown rice
- 400mls reduced salt chicken stock
- 150g frozen mixed vegetables
- 100g frozen leaf spinach



Healthy idea:

Swap out the sunflower oil for cooking spray

4. Cook for 15 minutes, then stir in the remaining vegetables. Scatter over the spinach, add the chickpeas and give everything a good stir

1. Heat the oil in a frying pan and fry the onion for 5-6 mins until softened.
2. Add the chicken pieces, fry for a further couple of minutes just to colour the outside, then stir in curry paste and rice. Cook for another minute.
3. Pour in the chicken stock and throw in any larger bits of frozen vegetables. Bring to the boil, lower the heat and cover the pan with a lid.

Cover and cook for a further 10 minutes until all the stock is absorbed and the rice is tender. Give everything a good stir and season with pepper to taste.



Whole Steamed Hilsa Recipe

- 800 g Hilsa fish
- 1/2 cup vinegar
- 1 tsp sugar
- 2-3 tbsp cooking oil
- 1/2 cup onion slices
- 6-7 green chilies
- 1.5 tsp ginger & garlic paste
- salt to taste
- 1.5 litres water

Healthy idea:

Swap out the sunflower oil for cooking spray

1. Clean the Hilsa fish thoroughly and cut it into two parts. Wash and clean the inside of the fish.
2. Place the fish into a pressure cooker and add all the spices: vinegar, sugar, oil, onion slices, green chilies, ginger & garlic paste, and salt.
3. Handle the fish carefully so that the spices don't get displaced.
4. Pour water over the fish and spices, ensuring that the fish is covered.
5. Close the pressure cooker lid and cook it over medium heat for 1 and a half hours.
6. After 1.5 hours, check the fish bones. If they are soft and easily melt, the fish is properly cooked.
7. Allow the dish to cool down and then gently remove the fish from the pressure cooker.



Paratha Recipe

- 3 cups all-purpose flour, plus more for dusting
- 1 3/4 teaspoons kosher salt
- 1 tablespoon neutral oil, such as canola, plus more as needed
- 1 cup warm water
- 3/4 cup ghee

Make the dough:

1. Place 3 cups all-purpose flour and 1 3/4 teaspoons kosher salt in a large bowl and whisk to combine. Drizzle with 1 tablespoon neutral oil and use your hands to rub the oil into the flour until only tiny lumps remain.
2. Make a well in the center of the flour mixture. Pour 1 cup warm water into the well. Mix with your hands until it begins to form one mass of dough. Knead the dough in the bowl until all the flour is incorporated. The dough will look lumpy and will likely not be smooth. Do not overwork.
3. Leaving the dough in the bowl, rub a light coating of neutral oil over the surface of the dough. Press a sheet of plastic wrap directly onto the surface of the dough. Let the dough rest until hydrated, supple, and holds an indentation when poked, about 30 minutes. Meanwhile, soften 3/4 cup ghee if needed (ghee kept at room temperature should be soft enough to spread easily by hand). If your ghee is chilled or too hard, place a microwave-safe bowl and microwave in 5-second increments until softened and spreadable, but not melted.

Roll and assemble the paratha:

1. Turn the dough out onto a work surface and divide into 8 pieces. Dust a work surface and rolling pin very lightly with all-purpose flour. Roll and fill the dough out 1 portion at a time, keeping the remaining portions covered with plastic wrap: Place on the work surface and roll out into a super-thin round about 14 inches wide (it does not have to be perfectly round). The dough should be so

Healthy idea:

Use softened unsalted butter in place of ghee.

VS

thin that you can begin to just faintly see the work surface through it.

2. Use your fingers to spread 1 tablespoon of the ghee evenly over the dough. Sprinkle 1 to 2 pinches all-flour over the ghee to help provide definition between the layers. Starting at the bottom, roll the dough tightly up into a log. Starting at one end, coil the log up into a round to resemble a cinnamon roll. Cover with plastic wrap while you roll and fill the remaining portions of dough. Let rest for 15 minutes.
3. Working with 1 piece at a time and keeping the rest covered with plastic wrap, roll out the paratha into a round about 1/8-inch thick and 6 to 7-inches wide. Transfer to a plate and repeat rolling out the remaining paratha. If stacking the paratha, place parchment or wax paper between each to prevent sticking.

Cook the paratha:

1. Heat a medium nonstick frying pan over medium heat. Add 1 paratha cook until the surface is beginning to turn opaque (with no browning), 2 to 3 minutes. It's okay if it's not totally opaque. Flip and cook until the surface of the second side is totally opaque (but not brown), 2 to 3 minutes. Flip once more and continue to cook until opaque, about 1 minute more.
2. Add 1 1/2 teaspoons (1/2 tablespoon) ghee to the pan. Move the paratha around, flipping as needed, until coated in ghee. Continue to cook until golden brown, about 2 minutes per side. Transfer to a plate and repeat cooking the remaining paratha, reducing the heat as needed if the parathas are browning too quickly to ensure that the centers are cooked.

Salted Hilsa Fish Curry with Vegetables Recipe

- 750 gm vegetables (Beans, Potato, Brinjal, tomato, or any seasonal vegetables)
- 500 gm salted Hilsa Fish
- 1/4 cup mustard Oil
- 1/2 cup onion
- 1/2 cup coriander leaf
- 1/2 tbsp turmeric powder
- 1 tbsp red chili powder
- 1/2 tbsp ginger Paste
- 1/2 tbsp garlic Paste
- 3-4 pcs green chili
- salt- As per taste
- 1 cup water

Healthy idea:

Swap out the sunflower oil for cooking spray

1. Heat the oil in a pan and add onion. Fry the onion until it turns golden brown color.
2. Add garlic and ginger paste, turmeric powder, red chili powder, and 1/4 cup water and cook it for 5 mins.
3. Add all the vegetables to it.
4. Cook the vegetables for 10 minutes and add salted hilsa fish to them.
5. Add salt and boiled water.
6. Cover the pan with a lid. Cook it for 15-20 mins.
7. Before serving, add some coriander leaves over it.



Zucchini with Shrimp Recipe

- 100 gram zucchini
- cooking oil
- $\frac{1}{2}$ tbsp ginger paste
- $\frac{1}{2}$ tbsp garlic paste
- $\frac{1}{2}$ tsp cumin-coriander
- $\frac{1}{2}$ tsp red chili
- $\frac{1}{2}$ tsp turmeric powder
- water
- 250 gram shrimp
- kashmiri red chili powder
- salt to taste

Healthy idea:

Pan-fry
with low-calorie
cooking spray not oil

1. Firstly wash, then peel the zucchini and cut it into small pieces.
2. Next in a pot with oil, sautéed onion with ginger garlic paste and fry it till golden.
3. Then add 1/2 teaspoon each of cumin, coriander red chili, and turmeric powder; add a splash of water so the spices don't burn, and did the masala grinding (koshano)
4. Then add the zucchini and mix it with the spices and let it cook till tender on low heat. Don't add any water.
5. Separately; pan-fry, defrosted, and deveined shrimp with fish masala; Kashmiri red chili powder, and salt.
6. Next, add it to the zucchini and let it marinate in the gravy.
7. It's the typical gourd shrimp recipe; just replaced with zucchini.



Eastern European Traditional Food

The other minority group of the study includes Poland, Latvia, Turkey, Gypsy and travellers, Lithuania, and Bulgaria

Eastern European communities in England face challenges in balancing traditional meals with healthier options, as many traditional dishes are high in fats, sugars, and salts. This, along with a lack of culturally relevant nutrition resources, leads to higher rates of diet-related health issues.

This guide aims to address these challenges by developing culturally appropriate educational interventions.



Latvian Traditional Foods / Daily Food Plan

EXAMPLE	Meal	Description
	Breakfast	Lemon cheesecake creme brulee croissants, chorizo breakfast casserole, asparagus and eggs etc
	Lunch	Old fashioned potato salad, Meatless Grain bowl, Teriyaki Salmon Bowl, Miso Noodles soup in a jar, Arugula salad with stone fruits
	Dinner	Grilled bang bang chicken salad, Good frickin' paprika chicken, Grilled chicken teriyaki skewer with miso ranch, Lemon Chicken And Rice Casserole etc
	Snacks	Spring rolls

Copycat Chipotle Rice Recipe

- 1 tablespoon olive oil
- 1 1/2 cups white rice
- 1 teaspoon kosher salt
- 3 cups water
- 1 bay leaf
- 1 tablespoon fresh lime juice
- 1 1/2 teaspoons fresh lemon juice
- 2 tablespoons finely chopped cilantro



Healthy idea:

Pan-fry with low-calorie cooking spray not oil

1. Heat oil in a medium saucepan over medium high heat. Add rice and salt and cook, stirring constantly, about 1 minute.
2. Add water and bay leaf and stir once. Bring to a boil, cover, and reduce heat to a low simmer.
3. Continue cooking until liquid is absorbed and rice is tender, about 15 minutes. Remove from heat and fluff with a fork. Add lemon juice, lime juice and cilantro and stir with a fork until combined



Chili Bean Chicken Recipe

- 1 cup roasted tomato salsa
- 1/2 cup ketchup
- 1/4 cup BBQ sauce
- 2 tablespoons yellow mustard
- 1/3 cup apple cider vinegar
- 1/4 cup packed brown sugar
- 1 tablespoon Worcestershire sauce
- 3/4 cup water
- 2 (15 ounce) cans pinto beans
- 2 (15 ounce) cans cannellini beans
- 2 tablespoons chili powder
- 1 tablespoon smoked paprika
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon ground black pepper
- 2 teaspoons kosher salt
- 1/4 teaspoon cayenne pepper
- 1 teaspoon dried Mexican oregano
- 1/2 cup sliced green onions
- 8 large skinless, boneless chicken thighs

Healthy idea:

Skip adding the 2tsp of salt



onions—to a large bowl, and stir very thoroughly to combine.

1. Preheat the oven to 375°F (19°C).
2. Add all the ingredients except chicken—salsa, ketchup, BBQ sauce, mustard, vinegar, brown sugar, Worcestershire, water, pinto beans, cannellini beans, chili powder, smoked paprika, cumin, garlic powder, black pepper, salt, cayenne, oregano, and green
3. Pour chili mixture into a 15x10-inch casserole dish. Use a spoon to make sure beans are evenly distributed.
4. Add chicken thighs one at a time; unfold each chicken thigh, toss thoroughly in the sauce, then fold back up into a compact thigh shape. Space the 8 thighs evenly, and poke down into the sauce until almost submerged.
5. Bake in the preheated oven until liquids have reduced and thickened slightly, and the thighs are fork tender, about 1 1/2 hours.
6. Let rest for 10 minutes before serving. Top with more green onions if desired.

Turkey Traditional Foods / Daily Food Plan

EXAMPLE	Meal	Description
	Breakfast	Pastirma with eggs, Menemen, Katmer, Simit or Bazlama, Leblebi, Meze platters, Lahmacun, Gozleme
	Lunch	Zeytinyağlı Pazı, Turkish Şakşuka, Sebzeli Bulgur Pilavi
	Dinner	Chick pea salad, chicken with vegetables, Baked pasta with courgettes, cheese and béchamel

Kofta (Turkish Meatballs) Recipe

- 2 slices slightly stale whole wheat bread
- 1 pound lean ground lamb
- 1 egg
- 2 tablespoons chopped fresh parsley
- 2 cloves garlic
- 1 teaspoon ground cumin
- 1 teaspoon dried mint
- $\frac{1}{2}$ teaspoon ground allspice
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground black pepper
- 1 tablespoon olive oil

Healthy idea:
Pan-fry
with low-calorie
cooking spray not oil

1. Tear up bread slices into the bowl of a food processor; process into fine crumbs. Add ground lamb and egg; process until blended. Add parsley, garlic, cumin, mint, allspice, salt, and pepper; process until evenly combined.
2. Roll lamb mixture into small meatballs.

3. Heat olive oil in a large skillet over medium heat. Cook meatballs in batches, turning occasionally until browned on all sides, 4 to 5 minutes per batch. Transfer to a paper towel-lined plate using a slotted spoon.

Serve!



Chickpea Salad Recipe

with Sumac Onions, Peppers, Spinach and Tomatoes

- 1 x 14oz can of precooked chickpea /garbanzo beans
- 1tsp/5ml ground sumac (use more if you are a fan!)
- 1tsp/5ml ground cumin
- $\frac{1}{2}$ medium red onion, thinly sliced
- 10 cherry tomatoes, quartered
- 3 spring onions/scallions, chopped
- 1 red bell pepper, deseeded and finely chopped
- 40g/1 $\frac{1}{2}$ oz spinach leaves, washed and roughly chopped

For the dressing:

- 30ml/2tbsp extra virgin olive oil
- $\frac{1}{2}$ juice of lemon
- Salt and ground black pepper
- Sprinkle of extra sumac to serve
- Flatbread or pita bread to serve

1. In a mixing bowl, rub a pinch of salt and ground sumac into the onion slices with your hands really well. This will soften the onions and make them more palatable, will also help infuse tangy sumac to the onion slices.
2. Place the precooked chickpeas or garbanzo beans on a colander, drain its liquid and rinse over running water. Combine the chickpeas with the onions in the mixing bowl. Stir in the ground

Healthy idea:

Pan-fry with low-calorie cooking spray not oil

cumin and season with salt to your taste, mix well.

3. Stir in the chopped tomatoes, peppers, spring onion and spinach into the bowl and combine well with the chickpeas and onion mixture.

For the dressing:

1. combine the extra virgin olive oil and lemon juice in a small container. Season with salt and freshly ground pepper to your taste.
2. Pour in the seasoning over the salad and combine well. Transfer the salad into a serving plate. Serve with an extra pinch of ground sumac sprinkled over, if you like, with plenty flat breads or pita bread by the side, to mop up the delicious juices.



Gypsy / Traveller Traditional Foods / Daily Food Plan

EXAMPLE

Meal	Description
Breakfast	Palatschinken, Oats/cornmeal served with milk and sweetened with honey, Roti/flat bread, breakfast served with fresh fruits
Lunch	Goulash (stew made with beef, potatoes, carrots and bell peppers and seasoned with paprika), Stuffed Cabbage rolls(sarma)
Dinner	Roast rabbit with wine, Sautéed Spinach with Garlic, Baked Zucchini and Tomatoes

Pappardelle Pasta Recipe

Mushroom & Goat Cheese

- 2 bundles, dried pappardelle pasta
- 3 tablespoons olive oil
- 2 cups sliced fresh mushrooms
- 1 medium shallot, diced
- cloves garlic, diced
- 1/2 teaspoon dried thyme
- 1 - 1 1/2 cups chicken or veg stock
- 1/4 cup heavy cream (35% milk fat)
- 1/3 cup soft goat cheese (divided)
- 1 teaspoon cornstarch (if needed)
- 2 - 3 tablespoons chives or green onion, chopped
- salt and pepper - to taste



Healthy idea:

Use low calorie
Creme Fraiche instead
of heavy cream

1. Boil pappardelle pasta in salted water until al dente, drain without rinsing, and set aside to dry.
2. While the pasta cooks, prepare the sauce by heating olive oil in a large saucepan over medium-high heat. Add mushrooms, season with salt and pepper, and cook until golden. Push mushrooms to the side.
3. Add more olive oil if needed, then add shallots and garlic. Reduce heat to medium and sauté until translucent. Season, add thyme, cook for two minutes, then add 1 cup of stock. Simmer, add cream, and reduce for 5 minutes. Stir in half the goat cheese.
4. Taste and adjust seasoning. Thicken with cornstarch if necessary.
5. Separate pasta, add to the sauce, and turn off the heat. Toss and let stand until hot. Add more stock if dry. Finish with chives or green onions and chunks of goat cheese. Serve immediately. Enjoy!

Lithuanian Traditional Foods / Daily Food Plan

EXAMPLE

Breakfast	Kefyras (Kefir), Ruginė duona (Rye Bread) served with butter and cheese or ham, Varškės apkepas (Cottage Cheese Casserole), Herbal tea or Coffee, breakfast served with fresh fruits like apple, grapes etc
Lunch	Saltibarsciai served with boiled potatoes, Cepelinai (Zeppelins), curd or mushrooms served with sour cream and bacon or mushroom sauce, Kompotas, fresh fruits
Dinner	Potato Pudding, sonkauliukai Often served with sauerkraut and potatoes, Potato Casserole sometimes with minced meat Lemon Chicken And Rice Casserole etc

Yellow Split Peas & Bacon Recipe with Onions

- 500 ml dry yellow split peas
- 2 large onions
- 150 g bacon
- salt, pepper
- sunflower oil for frying

Healthy idea:

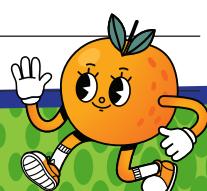
Pan-fry
with low-calorie
cooking spray not oil

1. Chop the onions and bacon in small cubes. Fry in a pan with a little oil. Fry for about 15 minutes on a medium heat until golden brown.
2. Add peas into the pot with cold water (water should be ~5 cm above peas) and cook until peas become tender (~25 minutes after boiling). There is no need to overcook the peas otherwise they will get too soft. Peas

should be soft, but still have the shape.

3. When the peas are cooked - strain them off, put into the same pot (without water), mix with fried bacon and onions.
4. Season with salt and pepper according to your taste.
5. Enjoy your meal!

Your own healthy recipes





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