

# Cooking Demonstration with Dr Saliha Mahmood Ahmed

20 Jun 2023

## Mango, Fennel and Cardamom Chia Breakfast Pudding

Serves x 4

### Ingredients

- 75g chia seeds
- 400mls can of full fat organic coconut milk
- 1 tablespoon maple syrup
- 200mls tinned mango pulp
- ¼ teaspoon ground cardamom (or the seeds of three pods crushed)
- ½ teaspoon fennel seeds crushed in a pestle and mortar
- Juice and zest of 1 lime

Optional toppings:

- 1 dollop of live Greek yoghurt
- Seeds from 3 passion fruit
- Toasted dried coconut flakes
- Handful freshly chopped mango chunks

### Directions

Combine all the ingredients except the chia seeds in a bowl and whisk well to combine. You want to make sure that any coconut solids are well emulsified into the mixture and no lumps remain.

Add the chia seeds and stir gently for a minute or two. You will notice the mixture will start to thicken. Place it in the fridge for a few hours before serving. You can make it the night before for breakfast the next morning. Top with a Greek yoghurt, passion fruit seeds, coconut flakes and mango chunks if you desire.

# Prebiotic Tabbouleh

Serves x 4

## Ingredients

- 125grams broccoli florets
- 125grams cauliflower florets
- 50 grams fine bulgur wheat soaked in boiling water for 20 minutes
- 70 grams fresh parsley washed and finely chopped
- 15grams mint leaves, stalks removed, finely chopped
- 15grams finely chopped dill
- ½ red onion finely sliced
- 1 finely diced tomato
- 2 tablespoons toasted nuts and seeds
- 1 finely chopped granny smith apple
- ½ teaspoon Lebanese allspice powder
- Juice of 1 large lemon
- 1 teaspoon pomegranate molasses
- 2 tablespoons extra virgin olive oil

## Directions

Grate the broccoli and cauliflower into a large bowl. Drain the bulgur and place it in the same bowl as the broccoli and cauliflower. Add the parsley, mint, dill and red onion to the bowl along with the tomato, toasted nuts and seeds, chopped

apple, allspice, lemon juice, olive oil and pomegranate molasses. Season with salt to taste and toss everything together

N.B. You can add other vegetables of your choice e.g. cucumbers, mangetout, celery or green beans.

# Arabian Nights Quinoa

Serves x 4

## Ingredients

- 125grams dried tricolour quinoa
- 300grams dices watermelon cubes, approx. 3x3cm
- 200grams cucumber deseeded and sliced into ½ moon shapes
- 100grams feta cubes
- 1 red chilli finely slices
- Juice 1 lime
- 2 teaspoons rosewater
- 1 teaspoon honey
- 2 tablespoons olive oil
- 2 tablespoons toasted flaked almonds
- Handful roughly chopped or whole mint leaves
- Salt to taste

## Directions

Boil the quinoa according to manufacturers instructions. Drain and keep aside. Combine the red chilli, lime juice, rosewater, honey and olive oil in a small bowl and season with salt to taste. Mix well to form a dressing.

Toss the quinoa, watermelon, cucumber and feta together and drizzle over the dressing, mix gently to combine. To serve scatter over the flaked almonds and the mint leaves.

This keeps quite surprisingly well in the fridge as the quinoa acts as a sponge for the moisture released from the watermelon.

## Nutritional Insights:

### ***Chia (seeds of the plant *Salvia hispanica* L.)***

*No doubt chia seeds have beneficial effects on health. However, I do sometimes find that they can be added to less nutritious items to improve the marketing appeal to 'health conscious' consumers...which is where one should perhaps be wary.*

*There is emerging evidence of the benefits of chia seeds on heart health and blood pressure. They are rich in polyunsaturated omega-3 fatty acids. Chia seeds are thought to exert a beneficial effect on insulin resistance and blood sugar responses.*

*They are a rich source of fibre, and hence may exert beneficial effects on the gut microbiome. A 25g portion has around 9g of fibre in it. This is just under a third of our recommended daily intake*

### ***Quinoa (*Chenopodium quinoa*)***

*Though technically botanically speaking it is a seed, it is classified as a whole grain. It is gluten free and comes in various colours e.g. black, red, yellow and white. The darker the quinoa the higher its anti-oxidant capacity.*

*Red and black quinoa are almost double in Vitamin E content compared to white quinoa. Vitamin E acts as an antioxidant, scavenging loose electrons called free radicals that can damage cells. It maintains healthy skin and eyes, and strengthens the body's natural defence against illness and infection.*

*Quinoa is a complete protein, containing all nine essential amino acids.*

