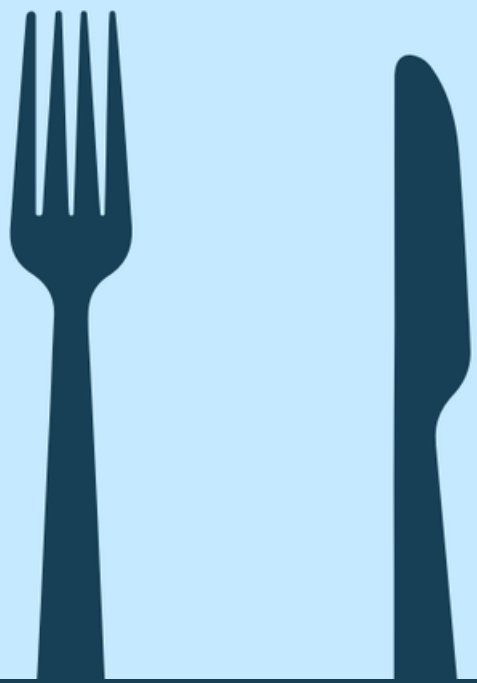


KIRKBY KITCHEN: SIMPLE MEALS FOR BETTER HEALTH



Suitable for people with prediabetes
and type 2 diabetes, designed for
everyone to enjoy.

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THE CREATORS

Welcome to our first Kirkby Kitchen cookbook supplement.

‘Simple Meals for Better Health’ was created by Liverpool John Moores University Nutrition student Emily Carter-Sewell and Senior Lecturer Dr Katie Lane (Registered Nutritionist).

Created with people from Kirkby living with type 2 diabetes and prediabetes, this cookbook is designed to support healthier eating through simple, affordable, and enjoyable recipes.

We hope these meals help you build confidence in the kitchen and enjoy good food with family and friends.

BRANFLAKES AND TOPPINGS OF YOUR CHOICE

Makes 1 serving

Prep: 2 minutes

Ingredients

- 35g / 1 cup bran flakes
- 135 ml / ½ cup semi skimmed milk or unsweetened plant milk of your choice

Toppings (optional)

- 1 small pear
- Fresh berries or frozen (**budget friendly** - warmed with a splash of water in microwave)
- 1 tbsp low fat yoghurt
- 2 tbsp stewed apples - (Leftover or fresh, pg. 49)
- Small handful chopped nuts (almonds, walnuts)
- 2 tsp nut butter (can mix with 1 tbsp milk or yoghurt separately to create a smoother consistency) budget friendly
- 1 tbsp seeds (pumpkin, chia, sunflower)

How to:

Simply assemble!

Top tip! Adding fruit and nuts provides fibre and healthy fats, which help slow sugar absorption and support more stable blood sugar levels.

Each 170g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
883kJ 210kcal	5.6g	3.2g	13g	0.46g
11%	8%	16%	14%	8%

of an adult's reference intake
Typical energy as sold per 100g: 519kJ/124kcal

8g protein per serving

No cook recipe



EGGY BREAD

Makes 1 serving

Prep: 5 minutes, Cook: 5 minutes

Ingredients

- 1 - 2 eggs
- 1 - 2 slices wholemeal bread

Optional toppings

Sweet:

- Handful of berries (**frozen** - Heat on high in 30-to-60-second bursts (about 60 to 90 seconds total), stirring halfway through, until the berries are warm, tender, and release their juices **OR fresh**)
- Pinch of cinnamon
- drizzle of honey
- Low fat yoghurt

Savory:

- Garlic mushrooms
- Avocado
- Spring onions
- Drizzle of olive oil

How to:

1. Whisk the **eggs** in a flat bowl.
2. Place the **bread** in the egg mixture and soak well, coating both sides.
3. Heat a non-stick frying pan and lightly fry the soaked bread until golden on both sides.
4. Serve with a generous sprinkling of **cinnamon**, some **fresh or frozen berries**, a drizzle of **honey** and **yoghurt**.

Each 98g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
689kJ 164kcal	6.4g	1.7g	1g	0.61g
8%	9%	9%	1%	10%

of an adult's reference intake
Typical energy as sold per 100g: 703kJ/168kcal

11g protein per serving

Hob recipe



Top tip! Savoury toppings are lower in sugar and help keep blood sugar more stable while keeping you fuller for longer.

Makes 4 servings

PAPRIKA CURRY

Prep: 5 minutes, Cook: 25 minutes

Ingredients

- 1 cup brown rice with 2.5 cups boiling water / 2 packets of brown microwave rice
- 1 tbsp olive oil
- Pre chopped Med veg mix or 1 courgette and 1 pepper and 1 onion (1cm cubes)
- 6 tsp garlic paste or 6 cloves fresh garlic (minced)
- 2 tsp curry powder (mild, medium or hot)
- 1 tsp cumin powder
- 2 tbsp paprika
- 4 skinless chicken breasts or thighs (600g), 3cm pieces

Packed with 20g protein (lentil), 57g (chicken) per serving

Hob recipe

OR 1 tin of green lentils

- 1 chicken/veg stock cube (low salt if possible)
- ½ tsp salt
- ½ tsp sugar
- 200ml water
- 1 tin chopped tomatoes
- 1 cup frozen peas
- 2 tbsp low fat yoghurt

Top Tip and serving suggestion! Make alongside tangy cauliflower curry (Pg.46) to add fibre to help your blood sugar stay steady

Each 675g portion contains:

Chicken:

ENERGY	FAT	SATURATES	SUGARS	SALT
2414kJ 572kcal	9.9g	2.4g	13g	1.2g
29%	14%	12%	14%	20%

of an adult's reference intake
Typical energy as sold per 100g: 358kJ/85kcal

Lentil:

ENERGY	FAT	SATURATES	SUGARS	SALT
1872kJ 444kcal	6.8g	1.3g	13g	0.72g
22%	10%	7%	14%	12%

of an adult's reference intake
Typical energy as sold per 100g: 299kJ/71kcal



PAPRIKA CURRY

How to:

1. Rinse the **rice** under cold water, then add to a pan with **boiling water**. Bring to the boil, turn the heat down, cover, and cook for 20–25 minutes - turn hob off and leave lid on until curry is ready (**skip this step if using microwave rice**).
2. While the rice is cooking warm the **oil** in a large pan over a medium heat, add the **chopped veg**, stirring occasionally for 6 mins.
3. Add the **garlic** and cook for 2 mins.
4. Add the **paprika**, **curry powder** and **cumin powder**, stirring to coat the veg for another 2 mins, add **splash of water** if it starts to burn.
5. If using **chicken**, add the to the pan and stir to coat in spices and veg, cook for 2 mins, stirring to seal the chicken.
6. Crumble the **stock cube**, add **salt**, **sugar**, **chopped tomatoes** and **water**. Stir bring to boil and turn down to simmer for 15 mins, until chicken is cooked through.
7. Add **lentils** (if using) stir in the **peas**, and simmer for 5 minutes.
8. Remove from heat and stir **yoghurt** through.
9. Serve with rice and cauliflower curry (pg. **46** and enjoy!



TANGY CAULIFLOWER

CURRY SIDE DISH

Each 114g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
297kJ 71kcal	4.2g	0.7g	2.6g	0.15g
4%	6%	4%	3%	3%

of an adult's reference intake

Typical energy as sold per 100g: 260kJ/63kcal

Makes 4 side dish servings to go with the paprika curry (pg. 44-45) or curry of choice

Prep: 5 minutes, Cook: 15-20 minutes

Hob recipe

Ingredients

- 1/2 head cauliflower, chopped into florets (individual heads of similar size)
- 4 tsp garlic paste or fresh garlic (crushed)
- 3 tsp ginger paste or 2.5cm ginger (grated)
- Pinch of salt
- ½ tsp paprika
- 1 tsp turmeric
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 tsp garam masala

**Contains 5g protein
per serving**

How to:

1. Wash **cauliflower** and cut into florets.
2. Mix **garlic, ginger, salt, paprika, and turmeric** adding **lemon juice** to make a paste.
3. Heat **olive oil** and fry paste on low for a few minutes. Add the cauliflower, cover and cook on low heat for 8- 10 minutes or until cauliflower can be pierced easily with a fork.
4. Sprinkle with **garam masala**.



Top Tip!

Serve as a side to the curry to help your blood sugar stay steady after eating

STIR FRY

Makes 4 servings

Prep: 5 -10 minutes, Cook 25 minutes

Ingredients

- 1 tsp olive oil
- 4 chicken breasts, cut into chunks or 400g tofu
- Juice of 1 lime/lemon (optional)
- Black pepper
- 1 pack (250g) wholewheat/buckwheat noodles
(Sharwood's are best for fibre) - can use noodle alternative if difficult to find
- 1 tbsp olive oil
- 400g pre chopped mixed veg/ frozen stir fry veg or 1 pepper, 1 courgette and 1 onion
- 3 tsp ginger paste (or fresh ginger (2 inch grated)
- 4 tsp garlic paste or fresh garlic (4 cloves chopped)
- 1 tbsp low-salt soy sauce
- ½ tsp Chinese 5 spice (optional)

Hob recipe

Why try tofu?

Tofu is high in protein, low in saturated fat, and can help keep you full and support better blood sugar control.

It's quick to cook, cheap, and absorbs flavour well in stir fries.

Use up recipe

You can substitute or add vegetables based on what you have available in your fridge

Each 283g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1773kJ 420kcal	6.4g	1.1g	9.1g	0.99g
21%	9%	6%	10%	17%

of an adult's reference intake
Typical energy as sold per 100g: 627kJ/149kcal

**Chicken: 39g,
Tofu: 20g protein
per serving**



How to:

1. Mix **chicken** with **lime juice**, a drizzle of **oil**, and **black pepper**. Leave while you prepare the rest (or skip if short on time).
2. Prepare **noodles** according to instructions on the packet, then drain.
3. If using **tofu** instead of chicken, boil for 3 mins, drain, squeeze over the **lime juice** and **pepper** and set aside.
4. Heat **oil** in a pan, add chicken, and cook until chicken is lightly browned and cooked through.
5. Add **veg** and cook on high heat for 3–5 minutes. Turn heat down, then stir in **garlic, ginger, and 5 spice**.
6. Add noodles and soy sauce (and Tofu back in), then mix well for 2–3 minutes.
7. Serve hot

COTTAGE PIE

(Meat or vegetarian)

Makes 4 servings

Total time: 1hr 10 minutes

Prep: 2 minutes, Cook: 60 minutes, Rest 10 minutes

Protein per serving:
Mince: 26g
Lentils: 11g

Ingredients

- 1 tbsp olive oil
- 400g extra lean minced beef **OR** 400g tin green lentils, drained (for a high protein veggie alternative)
- 100g red lentils (uncooked)
- 2 tsp garlic paste or fresh garlic (2 tsp chopped)
- 1 x 400g tin chopped tomatoes
- 1 pack pre-chopped mixed veg (chopped smaller) or 1 courgette and 1 pepper and one onion
- 1 tbsp tomato puree
- 1 tsp Worcestershire sauce (optional)
- 500ml low-salt beef/veg stock

Optional garnish

- Handful of chopped parsley

Sweet potato and cauliflower mash topping

See page 50

Info: Using lentils instead or as well as mince adds fibre, which can help keep your blood sugar steady and reduce hunger between meals. It's also cheaper and lower in fat.



Meat

Each 335g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1030kJ 245kcal	8.8g	2.6g	8.6g	0.54g
12%	13%	13%	10%	9%

of an adult's reference intake
Typical energy as sold per 100g: 308kJ/73kcal

Vegetarian

Each 335g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
849kJ 202kcal	5.2g	0.6g	9.1g	0.34g
10%	7%	3%	10%	6%

of an adult's reference intake
Typical energy as sold per 100g: 254kJ/60kcal

COTTAGE PIE

(Meat or vegetarian)

How to:

1. Preheat the oven to 200°C.
2. Prepare the stock (mix **500ml boiling water** with **1 stock cube**)
3. Heat **oil** in a pan and brown the **mince** (skip for lentil version), then set aside.
4. In the same pan, cook the **garlic** on a low heat until softened.
5. Add the mince back in **with/or** just the **red lentils** and **tomato puree**, stirring well.
6. Pour in the stock, **chopped tomatoes**, **veg** and **Worcestershire sauce**.
7. Bring to the boil and simmer uncovered for 25–30 minutes until thickened, stirring occasionally. Add a splash of water if it looks dry.
8. While the cottage pie filling cooks, prepare the sweet potato and cauliflower mash (**pg 50**)
9. If you are making the veggie version, stir in the **tinned green lentils**.
10. Spoon the filling into an ovenproof dish, top with the mash, and bake for 20-25 minutes until golden.
11. Leave to rest for 10 minutes, serve and enjoy!



SWEET POTATO & CAULIFLOWER MASH

Each 172g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
555kJ 133kcal	6.9g	0.8g	8.2g	0.34g
7%	10%	4%	9%	6%

of an adult's reference intake
Typical energy as sold per 100g: 323kJ/77kcal

Makes side 4 servings, or to cover 1 cottage pie (pg. 48-49)

Prep: 5 minutes, Cook: 30 minutes

Ingredients

- 1 medium sweet potato, peeled and cut into 1-inch cubes
- ½ head cauliflower, chopped into florets (individual heads of similar size)
- 2 tbsp fat free Greek yoghurt or milk
- 1 tsp garlic paste or fresh garlic (chopped)
- 1 tbsp olive oil
- Handful fresh parsley, chopped or herb of choice (optional)
- Pinch of salt
- Pinch of black pepper (to taste)

Hob recipe

Contains 5g protein per serving

How to:

1. Add **sweet potato** and **cauliflower** to a pan
2. Cover with water and add a **pinch of salt** and bring to the boil and cook for 15–20 mins until mashable
3. Drain the water and mash until your preferred smoothness (it will look wetter than a classic mash)- use a stick blender if you prefer it even smoother
4. Stir in Greek **yoghurt**, **olive oil**, **garlic**, **parsley**, **salt**, and **pepper**.

Top Tip!

This mash freezes well, making it a quick side for busy days — store in an airtight container or freezer bag for 2 - 3 months - just reheat and serve.



Serving suggestion: Pumpkin seeds

Info: This mash is low in fat and a good source of fibre

Adding a source of protein such as chicken, fish or beans or stew or use on top of the cottage pie (pg. 49-50) will help keep you fuller for longer and support better blood sugar control.

Each 383g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1670kJ 397kcal	9.4g	3g	11g	0.95g
20%	13%	15%	12%	16%

Build-Your-Own SODA BREAD PIZZAS

Makes 2 servings

Prep: 30 minutes, Cook: 12-15 minutes

Ingredients

- 2 large fresh tomatoes, thinly sliced
- 1/4 red onion, very thinly sliced
- 100g sweetcorn (or veg of your choice)
- 100g reduced-fat mozzarella, sliced thinly
- 250g wholemeal flour and sprinkle for rolling (Alternatively use garlic flatbreads, pg. 36)
- half tsp bicarbonate of soda
- 2 tbsp low fat yoghurt
- 2 tsp olive oil
- 2 tbsp tomato puree and 1 clove of crushed garlic (or sauce from pg. 31)
- 1 heaped tsp oregano

How to:

1. Preheat the oven to 190°C/gas 5. Prepare all the **vegetables** and slice the **cheese** for the toppings (can encourage the whole family to get involved!)
2. Add the **flour** and **bicarbonate of soda** to a mixing bowl.
3. Thoroughly mix in the **yoghurt** and 75ml **water**. Shape into four balls and flour a clean work surface and 'rolling pin' and roll into thin (5mm thick) rounds (I use a used glass jar or cup if I don't have a rolling pin)
4. Mix **tomato puree** with **1 clove crushed garlic** in a small bowl or use 2 tbsp leftover sauce from pg **31**.
5. Place dough on a lightly oiled baking sheet and spread with **tomato puree** mix (or sauce from pg **31**) then build your own pizza toppings, and sprinkle **oregano**!

16g protein per
serving



Info: Healthy habits are easier to start and stick to when everyone feels supported—cooking together helps families build positive routines that last.

6. Bake for **12 -15** minutes and serve.

Each 259g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
961kJ 230kcal	9.3g	1g	25g	0.04g
12%	13%	5%	28%	1%

of an adult's reference intake

Typical energy as sold per 100g: 372kJ/89kcal

STEWED APPLE AND CINNAMON PUDDING

Makes 2 servings

Prep: 2 minutes, Cook: 17 minutes

Ingredients

- 2 large Granny smith apples chopped
- ½ tsp ground cinnamon (optional or as desired)
- ½ tsp ground ginger (optional or as desired)
- splash of water

To serve

- 1 tbsp low fat yoghurt
- Chopped nuts (pecans/walnuts, almonds)

How to:

1. Core the **apples** then dice into 2cm pieces. Leave the skin on for extra fibre.
2. Warm **1 tsp olive oil** in a small sauce pan (that has a lid) and **add spices**, mix, heat for 30 seconds.
3. Add the apples with a splash of water, stir to coat in the spices.
4. Turn the heat down low and cook for up to 17 minutes until softened.
5. Serve warm, topped with a tablespoon of low-fat **yoghurt** and a sprinkle of **chopped nuts** (almonds, walnuts, or pecans).

Batch for the week! You can increase the apples in the recipe and box this up in an airtight container and store in the fridge for up to 5 days (enjoy on top of branflakes for breakfast!)

6g protein per serving

Hob recipe



Top tip

Enjoy stewed apples after a meal rather than on their own to help reduce blood sugar spikes.

Each 360g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
795kJ 188kcal	0.9g	0.4g	10g	0.26g
9%	1%	2%	11%	4%

of an adult's reference intake
Typical energy as sold per 100g: 221kJ/52kcal

WARM FRUIT AND yoghurt PUDDING

Makes 1 serving

Prep: 2 minutes, Cook: 2 minutes

Ingredients

- 1 (150g) pot plain Greek yoghurt (10 tbsp)
- Handful frozen berries
- Splash of water
- Handful of chopped nuts (optional) e.g walnuts, pecan or almonds

How to:

Microwave:

1. Add the **berries** to a microwavable bowl with a splash of water and microwave for 1-2 minutes until softened and warm.

OR Hob:

1. Add **berries** to small saucepan with a splash of water and warm on a low heat for 3 minutes, stirring.
2. **Spoon over the Greek yoghurt and top with nuts to serve.**

Top tip

Enjoy pudding after a meal rather than on their own to help reduce blood sugar spikes.

Info: This can also double as a snack that is high in protein from the yoghurt and fibre from the berries, helping to slow sugar absorption, keep you full, and support better blood sugar control.

6g protein per
serving

Microwave

Hob



SMART SNACKS FOR TYPE 2 DIABETES

Do you need snacks?

Try to stick to breakfast, lunch, and dinner where possible.

Eating fewer, balanced meals can help keep blood sugar more stable than frequent snacking.

 If you do need a snack, choose options that include protein, fibre, or healthy fats.

Simple Snack Ideas

- Wholemeal toast with nut butter (also works as a breakfast)
- Hummous with carrot, cucumber, or celery sticks
- Greek yoghurt (150g) with warm berries (**Pg. 53**)
- Small handful of nuts and seeds (unsalted)
- Eggy bread (1 slice) (**Pg. 43**)
- 1 apple with 1–2 tbsp nut butter

On the Go Snacks

- Olives
- Boiled eggs (keep in a cool bag if out for the day)
- Unsalted nuts or trail mix
- Beef or turkey jerky (no added sugar)
- Drinkable yoghurt (low sugar options)
- Dark chocolate (70% cocoa or higher)

Info: These options help keep you full, reduce cravings, and support better blood sugar control.

Helpful Tips

- Pair fruit with protein or fat (e.g. nuts or yoghurt)
- → helps reduce blood sugar spikes
- Try to avoid sugary snacks on their own
- Keep snacks simple and portioned
- Prep snacks in advance to avoid grabbing less healthy options

COST PER MEAL

Branflakes	£0.25
Toppings	£0.40-£0.70
Eggy Bread	£0.65
Toppings	
Sweet	£0.60
Savoury	£0.90
Paprika curry and rice	£4.40
Cottage pie (meat)	£5.20
Cottage pie (lentil)	£3.70
Stir fry (Chicken)	£5.80
Stir fry (Tofu)	£4.40
Soda bread pizza	£4.80
Sweet potato and cauliflower mash	£3.40
Stewed apple pudding	£1.40
yoghurt and berries	£1.10

ACKNOWLEDGEMENTS

Images

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