

HIGH COMFORT, LOW CARB

Skip the potatoes, pasta and rice and give slow carbs a go. Just as satisfying but far healthier, says food blogger Tori Haschka



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DO YOU LOVE TUCKING INTO PILES OF MASH, toastes and plates of pasta? Chances are, you don't love the energy slump you get an hour afterwards. That was why food blogger and author Tori Haschka, 31, from London, started experimenting with 'slow carb' recipes – foods with a low glycaemic index (GI), which means they help keep blood-sugar levels even. 'Since I started eating like this five days out of seven, I have more energy, my skin is better and I've lost 9lb from what I thought was my standard weight,' she says. Here are her top healthy comfort-food fixes.

WHITE BEANS: your new mash

These have a low GI and are quicker to prepare than potatoes. Drain and rinse a tin of organic cannellini beans. Place in a pan with 40ml milk, two smashed cloves of garlic and two sprigs of thyme, then cook over a low heat for 10 minutes. Remove the thyme. Purée the beans, milk and garlic with a hand-held blender, season and serve.

CHICKPEAS: fast and filling

This eight-minute curry is ready before you've dug out a takeaway menu. Cook one tablespoon of curry powder in a tablespoon of olive oil for 30 seconds. Add a tablespoon of tomato paste, a 400g tin of chickpeas (rinsed) and 175ml coconut milk. Stir and bring to the boil. Add 15 cherry tomatoes, halved, and two handfuls of spinach. Cook until the tomatoes have softened. Add a good squeeze of lemon and some salt. Serve with yoghurt and diced cucumber.

CAULIFLOWER: the lightest carb

'Cauli should be steamed then puréed, like the bean recipe above, or baked like this,' says Haschka. Preheat the oven to 200°C/gas mark 6. Break the cauli into small pieces, then shake on a baking tray with two teaspoons of cumin, two teaspoons of turmeric, two teaspoons of mustard seeds, three sliced garlic cloves, one diced chilli and one tablespoon of sea salt flakes. Drizzle with two tablespoons of olive oil. Bake for 40 minutes. Serve topped with chopped mint, coriander, flaked almonds and two tablespoons of yoghurt. **■**

One Month Carb Detox by Tori Haschka is available as an ebook at amazon.co.uk and in PDF format for iPad at eatortori.com/books/for-less-than-£2.