

MENU DECODER

In the first of our new series, we tell you what to delve into and what to swerve at your favourite restaurants

Words **ANGELA YUSSUF**

INDIAN CUISINE



STARTERS

- MULLIGATAWNY £2.95
- DHAL SOUP £2.95
- ONION BHAJI £2.95
- VEGETABLE SAMOSA £2.95
- VEGETABLE PAKORA £2.95
- CHICKEN PAKORA £3.95
- CHANA PURI £2.95

MAINS

- TANDOORI CHICKEN £6.95
- CHICKEN MADRAS £6.95
- BEEF VINDALOO £6.95
- CHICKEN JALFREZI £7.50
- SAAG CHICKEN £7.50
- LAMB BHUNA £7.50
- CHICKEN KORMA £7.50
- CHICKEN KASHMIRI £7.50
- LAMB ROGAN JOSH £7.50
- LAMB PASANDA £7.50

SIDES

- PILAU RICE £1.95
- KEEMA PILAU RICE £2.95
- MATTAR PILAU RICE £2.50
- BOILED RICE £1.95
- FRIED RICE £2.50
- EGG FRIED RICE £2.95
- SAFFRON RICE £2.95
- CHAPATI £1.90
- PLAIN NAAN £1.90
- PESHWARI NAAN £2

RICE

EAT THIS:

A good low-fat choice is saffron rice, with just 0.5g fat and 335 calories per serving.

NOT THAT:

"Rice with veg (pilau or biryani), boosts your vitamin intake but adds fat as they tend to be cooked in more oil," says dietician Azmina Govindji.

SIDES

EAT THIS:

Go for the chapati. "They are often brushed with ghee before serving, so ask the waiter to skip that step," suggests Govindji. Ghee free, you'll get around 110 calories and 0.5g fat per chapati slice. Add on 70 calories if dipping in mango chutney.

NOT THAT:

The average naan has 540 calories (which rockets to 700 if you go for the peshwari variety) and a whopping 20g of fat.

STARTERS

EAT THIS:

A broth-based mulligatawny or a dhal soup has about 150 fewer calories than one onion bhaji. Plus, a Penn State University study found starting with soup resulted in 20% fewer calories eaten in the whole meal.

NOT THAT:

Bhajis, samosas, pakoras and purées begin life in the deep fat fryer. At 200 calories a pop and with around 10g of fat in each, avoid at all costs.

MAIN DISHES

EAT THIS:

Veggie or meat bhuna, jalfrezi or rogan josh are your best bets. The sauce is reduced and the tomato base means the damage is limited to 350 calories and 20g fat.

NOT THAT:

Makhani, korma, pasanda and masala curries involve cream, ghee (clarified butter) or khopre (coconut oil), with 800 calories and more than 40g fat. Swerve.

NAPKIN KNOW-HOW

- 1 If you can handle it, ask for extra red chillis as a garnish. A recent study from the journal *Appetite* found putting them on your food helps prevent overeating (can't think why...)
- 2 Poppadoms have only 100 calories for every three you Hoover up. But be warned, they also pack in 6g fat per trio.
- 3 Not a sauce fan? Tandooris are a good option. They're cooked in a clay oven not in oil so expect them to pack in fewer than 300 calories per portion.