

## TRADE SECRETS: ANJUM ANAND

The Indian chef and food writer gives her top healthy cooking tips

**Green chillies** add wonderful flavour to any dish. Plus, they're full of antioxidants and help raise your metabolism for up to three hours.

**For tender**, flavoursome results, cook meat on the bone over a low heat.

**Use ginger** – it's such a powerful ingredient, relieving pain and reducing inflammation. It's anti-viral, anti-fungal, antibiotic and antioxidant, helps digestion and stimulates circulation.

**Add milk** instead of cream to curries and reduce to thicken, or stir in cashew-nut paste for some healthy fat.

**Indian desserts** can be healthy. You can make them with unrefined ingredients, such as yoghurt, milk, nuts, unrefined sugar and vegetables.

**Fresh coriander** is cooling on the body and adds crunch as well as flavour. Include both the leaves and the stalks.

Anjum Anand's new series *Indian Food Made Easy* is coming to BBC2 on July 9 at 8.30pm. *Indian Food Made Easy* (Quadrille, £14.99) is available from August 3 in bookshops. Visit [www.anjumanand.co.uk](http://www.anjumanand.co.uk).