

The risk of **type 2 diabetes** can be **reduced** by maintaining a healthy weight, being physically active, managing blood pressure and cholesterol and following a healthy eating plan.

Eating **a handful of almonds** every day as part of a healthy diet may help manage the risk factors for type 2 diabetes.

# Almonds and diabetes



Almonds are a **convenient and portable snack** that can be eaten anywhere and any time of day.

Adding almonds to a meal slows digestion and **lowers its overall glycaemic index (GI)**.

This can help with **managing blood glucose levels** at mealtimes.

**It's easy to make almonds part of your daily diet:**

- Add almond meal to a smoothie.
- Sprinkle a handful over breakfast cereal or muesli.
- Use almond butter as an alternative to butter or margarine in sandwiches.
- Toss a handful into a stir-fry, curry, stew or tagine for added texture.

# Almond butter chicken with rice

A hearty low-GI meal  
full of flavour

Serves 4

Preparation time: 15 minutes

Cooking time: 45 minutes



## Ingredients

- 4 tablespoons curry powder
- 3 tablespoons almond butter
- 400g skinless chicken breasts, diced
- ¼ cup extra virgin olive oil
- 1 tablespoon garlic, minced
- 2 teaspoons ginger, minced
- 3 tablespoons lemongrass, finely chopped
- 1 small sweet potato, cut into chunks
- 1 carrot, diced
- 1 zucchini, diced
- 1 bunch bok choy, roughly chopped
- 200ml water
- 1 tin coconut flavoured evaporated milk
- 120g slivered almonds
- ⅔ cup basmati rice

1. Mix curry powder with a bit of water to make a paste. Slowly stir in almond butter to make a marinade.
2. In a medium bowl, coat chicken breast with marinade, cover and leave in fridge for at least 1 hour.
3. Heat oil in a frypan over medium heat and add garlic, ginger and lemongrass. Stir for 1-2 minutes until fragrant. Add chicken and cook for another 4-5 minutes until almost cooked through.
4. Add sweet potato and carrot and approximately 2 tablespoons of water to ensure the ingredients don't stick to the pan. Cover with lid and simmer on low for 10 minutes, stirring occasionally, until the sweet potatoes and carrots are soft.
5. Add zucchini, bok choy and water and simmer for another 5-10 minutes, stirring occasionally, until vegetables are all cooked through.
6. Add coconut flavoured evaporated milk and ¾ of the slivered almonds. Stir and heat through.
7. While curry simmers, cook basmati rice as per packet instructions.
8. Toast remaining slivered almonds on a small non-stick pan over medium-heat until browned.
9. Divide rice equally into serving bowls and top with butter chicken and toasted slivered almonds.

For more information and recipes visit [www.australionalmonds.com.au](http://www.australionalmonds.com.au)

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