

Spicy Thai shrimp with mint raita

Citing the *International Journal of Agriculture and Crop Sciences*, Lim says, "Cucumber contains a hormone which is needed by the cells of the pancreas producing insulin, ... found to be beneficial [for] diabetic patients." She adds, "Onions, which contain the phytochemicals allium and allyl disulphide are converted into allicin, which, according to studies, appears to be effective against cancer and helps lower blood sugar levels in diabetics."

Ingredients:
1/2 cup plain yogurt
1/2 cup cucumber, seeded and diced
1/2 cup onions, thinly sliced
1/2 cup tomatoes, minced

24 large shrimps, peeled, deveined and seasoned with a pinch of salt and pepper
1/4 cup Thai red chili paste (available at Asian grocery stores)
juice of two lemons
2 Tbsp snipped fresh chives

Combine ingredients in a bowl; place inside the chiller. Heat oil in a saucepan over high heat for 30 seconds. Fry for about 45 seconds. Add shrimp and chili paste. Fry for about three minutes. Remove from heat. Serve shrimp with raita.

Per 100g: 1.5g carbohydrates, 0.79g sugar, 13.90g fat, 1.5g sodium, 72mg cholesterol

Chef tips

- Prepare the raita in advance then place it in the chiller for two hours, letting the flavors blend.
- "The average lemon contains three tablespoons of juice. To get the maximum amount of juice, [apply pressure while rolling] a room-temperature lemon on the counter before cutting it open," Carpio says. This action helps burst the tiny juice-filled cells in its flesh—yielding more juice to be extracted from the fruit.

