



Dishes for diabetics

A Bridgnorth restaurant owner has introduced a low fat and diet menu, including special dishes for diabetics.

Dave Miah, who has run the Himalaya Tandoori Restaurant in Whitburn Street for 30 years, is a diabetic and recognised the need.

Photographer Simon Devey went along to sample the food with his wife Barbara and enjoyed the experience. He writes:

'We started with a poppadom, served with a wonderful homemade warm mango chutney, followed by baked fishcakes, lightly spiced with ginger, garlic and coriander, served with a fresh side salad. This was followed by a dish of delicately spiced chicken, spinach and okra, served with boiled rice and baked wholemeal flatbread. To finish we enjoyed the most succulent mango, which really helped to cleanse the palate.

'From the moment we were greeted by Dave at the door, to the point at which we left the restaurant, we were never hurried, the portions were generous and the surroundings pleasant.'

Stephanie Baginski is seen here sampling the new menu at the Himalaya Tandoori and being served by David Miah and his son Tajwar Ahmed. *Picture: Simon Devey*