

INVENTION

Frozen ready-to-eat low carbohydrate meals where vegetables are processed to resemble rice or noodles to reduce the total carbohydrate content of the meals.

Description

BACKGROUND OF THE INVENTION

1. Field of the Invention

This invention relates generally to frozen ready-to-eat meals where vegetables are processed to resemble rice or noodles to reduce the total carbohydrate content of the meals.

2. Description of the Related Art

A diet low in carbohydrates (120-150g per day) have become increasingly popular for its various health benefits, particularly weight and diabetes management. In the United Kingdom where the Low Carb Program is recognised as a medical device, thousands of people who have been diagnosed with prediabetes or told they're at risk of developing prediabetes have made changes to their carbohydrate intake, and this has helped them to get on top of their health, prevent the onset of type 2 diabetes and achieve normal blood sugar levels.

The substitution of cereal based products such as rice and noodles with vegetables is a rising trend. The advantages are reduced carbohydrate intake leading to lower calories and increased vegetable intake for the consumers. Furthermore, vegetables contains phytochemicals and antioxidant that are beneficial to the consumer.

However, the ready-to-eat meals in the market still lean towards being carbohydrate rich due to older health guidelines that recommend 3-5 servings of wholegrain cereal, pasta, breads, potatoes and rice a day. There are currently no frozen ready-to-eat meals that are designed to be low in carbohydrates. For those wanting to limit their carbohydrate intake, it can be a challenge.

Thus, a need exists for a frozen ready-to-eat food product which is low in carbohydrate.

SUMMARY OF THE INVENTION

Considering the above described need, it is an object of the present invention to provide low carbohydrate meals containing less than 20 grams of carbohydrate per serving in frozen ready-to-eat format that is readily obtainable and easily heated up. It is a feature of this invention that such meals are processed and frozen without preservatives and be fit for consumption within a reasonable period from packaging e.g. within six months. It is another feature of this invention that vegetables are processed to resemble and substitute the high carbohydrate component in a meal, namely rice or noodles.

Claims

We claim:

1. A method of preparing frozen ready-to-eat low carbohydrate meal, comprising;

- a) pre-washing of vegetable
- b) processing of vegetable to resemble rice or noodles;
- c) processing of protein
- d) cooking step
- e) blast chilling
- f) packing

Wherein said meal contains less than 20 grams of carbohydrates per serving.

2. A method according to claim 1, wherein the vegetable is a cauliflower or broccoli chopped to 5-15mm size.

3. A method according to claim 1, wherein the vegetable is a cabbage cut to 5-10mm strips.

4. A method according to claim 1, wherein the vegetable is a zucchini or radish is spiralized.

5. A method according to claim 1, wherein the protein is from a plant source cut to 10-20mm size.

6. A method according to claim 1, wherein the protein is from an animal source cut to 10-20mm size.

7. A method according to claim 1, wherein the protein is an egg scrambled.

8. A method according to claim 1, wherein the method includes a cooking step in which the protein is stir-fried and seasoned.

9. A method according to claim 1, wherein the method includes a cooking step in which the processed vegetable product is added to the cooked protein and stir-fried.

10. A method according to claim 1 in which the cooking step is followed by a blast chilling step in which the cooked product is rapidly cooled to stop microbial growth.

11. A method according to claim 1, wherein the method further includes a packaging step in which the cooked product is vacuum sealed within a food grade package.

12. A method according claim 1, wherein the method further includes a packaging step in which the packed product is blast frozen to achieve a core temperature of -20 degrees Celsius.

13. A processed food product prepared according to the method of any of Claims 1 to 12.