



Gulu Anand with his daughter, Dipna Anand

Brilliant diet

18-year old Dipna Anand has been awarded the highest A-Level grade in the country for her low-fat curries in a Food Technology class.

After her father, Gulu Anand, owner of Brilliant Restaurant in Southall, suffered from a heart attack, doctors blamed his regular consumption of rich, fatty curries. This inspired Dipna to take a stand and create her own range of guilt-free recipes, like Masala Fish and various chicken dishes.

Currently at university, Dipna explained, "I started using low-fat cooking oil and the food came out with the same flavour, but less fat and people actually preferred it."

Her food is creating such a buzz, that Gulu is planning to create a special low-fat menu using Dipna's Brilliant recipes.