

Press Release



For immediate release

BIRMINGHAM RESTAURANT SCOOPS HEALTHY EATING ACCOLADE

Leading magazine Men's Health has named popular Indian Restaurant Lasan as one of the healthiest in the UK, as part of the third annual 'Healthiest Restaurants Awards 2009'.

The only West Midlands restaurant to pick up an award, Lasan was commended for its healthy dishes and aromatic flavours. Combined with its modern and minimalist décor the panel said the Birmingham-based restaurant was, "Proof that the Midlands is *the* place to go for wholesome and tasty curries."

The judging panel was made up of some of the country's most esteemed gastronomic experts, including Observer food critic Jay Rayner; Founder of the Food Doctor Nutrition Clinic, Ian Marber; and winner of the Gordon Ramsay Scholarship and Head Chef at Launceston Place, Tristan Welch.

Chef Director at Lasan, Aktar Islam said, "As Indian food is the nation's number one choice, people are delighted that we offer a guilt-free way to enjoy their favourite meal. We set out to serve the most authentic Indian dishes, regularly visiting India to gain inspiration and build upon traditional cooking methods. We hand-pick the specialities from across India's regions and bring them to our menu with a healthy approach in mind.

We are delighted that our healthy approach is being recognised, first by Warwick University Medical School who we worked in partnership to create the 'Spice for Life' cookbook, and now by some of the country's most influential foodies in Men's Health Magazine."

This award comes as the latest in a long line of accolades for Lasan; as well as recommendations in the Michelin Guide and a listing in The Independent and The Times 'Top Ten Indian Restaurants in the UK', Lasan have also won the British Curry Award for two consecutive years. Last year they won Best Hospitality Business of the Year at the Asian Business Awards, and Best Service and Rising Star at Taste of Birmingham. Jabbar Khan was also recently named as one of the Midlands' top entrepreneurs in Insider Magazine's '42 Under 42'.

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