



*Gluten Free
Diet Cookbook*

a diabetes.co.uk cookbook

Gluten Free Diet Cookbook

INTRODUCTION

Welcome to the Diabetes.co.uk Gluten Free Cookbook. I have got a fantastic selection of dishes in store for you!

There's a healthy selection of breakfasts including Berry Yoghurt Breakfast, Creamy Polenta and Spinach Surrender.

For your lunches you need to look no further as we have an assortment of dishes including Spicy Chicken Stew, Chicken and Bell Pepper Foo Yung, and Pasta Free Lasagne.

For dinner we have an array of great dishes, like Spicy Cod with Mixed Veg, Whole Lemon Sole with Roasted Celeriac, and Spicy Beef Salad!

And you don't have to go without dessert! We have ensured that the delicious desserts included fit your dietary needs too. We have a selection of ten desserts, including Raspberry and Limoncella Semi Freddo, Frozen Mango Yoghurt and Crème Brûlée.

We want you to have the healthiest year ever! I hope you enjoy making the dishes as much as I did!

Love,

Shanta



Don't forget to share a picture of your own dishes on our [Facebook page](#) and on the [Diabetes Forum](#)!

WHAT IS COELIAC DISEASE?

Coeliac Disease is a lifelong autoimmune disease. It is caused by the immune system reacting to gluten. Coeliac disease is relatively common as it impacts 1 out of 100 people. Only 24% of those who currently have the condition have been diagnosed. There are over 500,000 individuals in the UK with Coeliac disease.

CAUSE AND SYMPTOMS OF COELIAC DISEASE

Coeliac Disease happens as a reaction of the immune system to gluten; gluten is protein present in wheat, barley and rye. When an individual with Coeliac Disease consumes gluten, his/her immune system reacts by damaging the lining of the small intestine.

The symptoms of Coeliac Disease range from mild to severe, include bloating, diarrhoea, nausea, wind, constipation, tiredness, mouth ulcers, sudden or unexpected weight loss (in certain cases), hair loss and anaemia.

HOW CAN COELIAC DISEASE BE TREATED?

Upon diagnosis, the sole treatment for Coeliac Disease is a gluten-free diet.

IMPORTANCE OF A GLUTEN FREE DIET FOR THOSE WITH COELIAC DISEASE

Avoiding gluten is essential for those with Coeliac Disease. This means avoiding anything that contains wheat, rye and barley. Some Coeliacs need to avoid oats too.

The main foods containing these grains are bread, pasta, breakfast cereals, pastry, cakes, biscuits, pizza and crackers.

Gluten is also present in foods like soups, sauces, stock cubes, ready meals and processed foods like sausages.

Naturally gluten-free foods are meat, fish, fruit and vegetables, rice potatoes and lentils.

You need to ensure check ingredients like stock cubes, seasonings, prepared sauces and processed products are gluten free.

Numerous drinks are gluten free, including fruit juice, fizzy drinks, wine and spirits.

It is also vital to keep gluten-free ingredients separate from other ingredients to ensure cross contamination in the kitchen!

Please see the table below for further information in regard to a Gluten Free Diet.

Gluten Free Checklist

	Gluten-free	Need to check	Non gluten-free
Grains and Alternatives 	Amaranth, buckwheat, chestnut, corn (maize), millet, polenta (cornmeal), quinoa, rice, sago, sorghum, soya, tapioca, teff.		Barley, bulgar wheat, couscous, dinkel, durum wheat, enikorn, emmer wheat, Khorasan wheat (commerically known as Kamut), rye, semolina, spelt, triticale, wheat.
Flour 	All flours that are labelled gluten-free.	Flours from all grains may be contaminated through milling.	Flours made from wheat, rye or barley eg plain flour, self raising flour etc.
Oats 	Most people can eat uncontaminated oats labelled gluten-free. Check with your dietitian before introducing oats into your diet. Products include gluten-free oats, oatcakes and oat based products.		Porridge oats, oat milk, oat based snacks that are not labelled gluten-free.
Bread, Cakes and Biscuits 	All products labelled gluten-free including biscuits, breads, cakes, crackers, muffins, pizza bases, rolls, scones.	Macaroons, meringues.	All biscuits, breads, cakes, chapattis, crackers, muffins, pastries and pizza bases made from wheat, rye or barley flour.
Breakfast Cereals 	All products labelled gluten-free including millet porridge, muesli, rice porridge, corn and rice based cereals.	Buckwheat, corn, millet and rice based breakfast cereals and those that contain barley malt extract.	Muesli, wheat based breakfast cereals.
Pasta and Noodles 	All products labelled gluten-free including corn (maize) pasta, quinoa pasta, rice noodles, rice pasta.		Canned, dried and fresh wheat noodles and pasta.
Meat and Poultry 	All fresh meats and poultry, cured pure meats, plain cooked meats, smoked meats.	Any meat or poultry marinated or in a sauce, burgers, meat pastes, patés, sausages.	
Meat Alternatives 	Plain tofu.	Marinated tofu, soya mince, falafel, vegetable and bean burgers.	
Fish and Shellfish 	All dried, fresh, kippered and smoked fish, fish canned in brne, oil and water.	Fish pastes, fish patés, fish in sauce.	Fish or shellfish in batter or breadcrumbs, fish cakes, fish fingers, taramasalata.
Cheese and Eggs 	All cheese, except some soft, spreadable cheese. All eggs.	Some soft, spreadable cheeses.	Scotch eggs.
Milk and Milk Products 	All milk (liquid and dried), all cream (single, double, whipping, clotted, soured and crème fraiche), buttermilk, plain fromage frais, plain yoghurt.	Coffee and tea whiteners, fruit and flavoured yoghurt or fromage frais, soya desserts, rice milk, soya milk.	Yoghurt with muesli or wholegrains.

	Gluten-free	Need to check	Non gluten-free
 Fats and Oils	Butter, cooking oils, ghee, lard, margarine, reduced and low fat spreads.		Suet.
 Fruits and Vegetables	All canned, dried, fresh, frozen and juiced pure fruits and vegetables, pickled vegetables in vinegar.	Fruit pie fillings, processed vegetable products (such as cauliflower cheese).	Vegetables and fruit in batter, breadcrumbs or dusted with flour.
 Potatoes	All plain potatoes, baked, boiled or mashed.	Oven, deep fried, microwave and frozen chips, instant mash, potato waffles, ready to roast potatoes.	Potatoes in batter, breadcrumbs or dusted with flour, potato croquettes.
 Nuts, Seeds and Pulses	Plain nuts and seeds, all pulses (peas, beans, lentils).	Dry roasted nuts, pulses in flavoured sauce (such as baked beans).	
 Savoury Snacks	Homemade popcorn, plain rice cakes.	Flavoured popcorn, potato and vegetable crisps, flavoured rice cakes and rice crackers	Snacks made from wheat, rye or barley, pretzels, breadsticks.
 Preserves and Spreads	Conserves, glucose syrup, golden syrup, honey, jam, marmalade, molasses, treacle.	Lemon curd, mincemeat, peanut and other nut butters, yeast extract.	
 Soups, Sauces, Pickles and Seasonings	All vinegars (including barley malt vinegar), garlic purée, ground pepper, individual herbs and spices, mint sauce, mixed herbs and spices, mustard powder, salt, tomato puree, Worcestershire sauce.	Blended seasonings, brown sauce, canned, packet or fresh soups, chutney, curry powder, dressings, gravy granules, mayonnaise, mustard products (such as English mustard), packed and jarred sauces and mixes, pickles, salad cream, stock cubes, tamari (Japanese soy sauce), tomato sauce.	Chinese soy sauce.
 Confectionery and Desserts	Gluten-free ice cream cones, jelly, liquorice root, seaside rock.	Chocolates, ice cream, mousses, sweets, tapioca pudding.	Ice cream cones and wafers, liquorice sweets, puddings made using semolina or wheat flour.
 Drinks	Cocoa, coffee, fruit juice, ginger beer, squash, tea, water.	Cloudy fizzy drinks, drinking chocolate.	Barley waters and squash, malted milk drinks.
 Alcohol	Cider, gluten-free beers and lagers, liqueurs, port, sherry, spirits, wine.		Ales, beers, lagers, stouts.
 Home Baking	Arrowroot, artificial sweeteners, bicarbonate of soda, corn starch (flour), cream of tartar, food colouring, gelatine, icing sugar, potato starch (flour), fresh yeast, ground almonds.	Baking powder, cake decorations, marzipan, ready to use icings, dried yeast.	Batter mixes, breadcrumbs, stuffing mix.

Source: Coeliac UK

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Chocolate Chip Cookies
Coconut Panacotta
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Crème Brûlée
Creamy Berry Treat
Vanilla Ice Cream

FREE RECIPE APP

OVER 403 RECIPES, UPDATED WEEKLY

With **over 403 recipes** for a healthy diet, for people with and without diabetes.

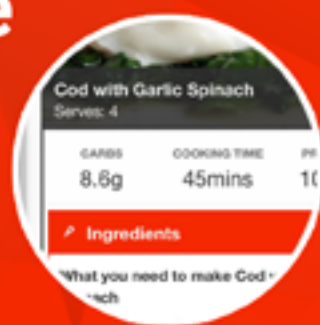
Download it for your phone or tablet - **when has anything free ever been this tasty!?**



Nutritional values at a glance

We totally understand how important nutritional values (especially carbs!) are, and that's why they're so prominent in our app.

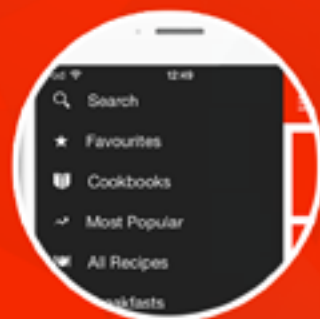
There's also the option to **filter recipes** by nutritional values, which is great if you're following certain diets!



Simple to use & understand

There's no point in overcomplicating cooking, so we figured there's no point in making our recipe app too complicated either!

Create your own list of favourite recipes to find all the ones you're after in a hurry.



SCAN THE QR CODE TO DOWNLOAD





Break

A close-up photograph of a breakfast meal on a white plate. The meal consists of a hard-boiled egg cut in half, showing a bright yellow yolk and a white egg white. Next to the egg is a portion of bright green, cooked asparagus spears. Scattered around the egg and asparagus are several small, pinkish-orange pieces of cooked salmon. The background is slightly blurred, showing more of the same food items.

breakfast

Poached Eggs on Spinach



INGREDIENTS | SERVES 1

200g spinach
8 large free range eggs
½ tbsp. vegetable oil
Himalayan sea salt and black pepper, to taste

NUTRITIONAL VALUE (PER SERVING)

Calories 567
Total fat 37.6g
Saturated Fat 13g
Carbohydrates 15.3g
Fibre 4.6g
Protein 54g

PREP TIME | 5 MINUTES

COOKING TIME | 15 MINUTES

Fill a saucepan to roughly half way with water, and place it over a medium heat until it begins to boil. When the water is boiling, crack the egg and pour it into the saucepan, ensuring that it's fully submerged. The egg will take 1-2 minutes to poach. Whilst the eggs are poaching, cook the spinach in a frying pan with a little olive oil for 3 minutes. Place the wilted spinach on a serving plate, topped with egg. Breakfast is served!

Berry Yoghurt Breakfast



INGREDIENTS | SERVES 4

200g strawberries, sliced
200g blueberries
400ml Greek yoghurt
200g blackberries

FOR THE FRUIT COULIS:

150g raspberries
1 tbsp. agave nectar

NUTRITIONAL VALUE (PER SERVING)

Calories 226
Total fat 12g
Saturated Fat 4g
Carbohydrates 28g
Protein 7.7g
Fibre 6.2g

PREP TIME | 20 MINUTES

Using a fork, mash the raspberries, then mix with two tablespoons of agave nectar to make a fruit coulis. Sieve the mixture if you prefer a finer coulis.

Divide the slices of strawberries into four bowls until they are around a third full.

Mix the fruit coulis with the yoghurt and pour onto the strawberries.

Layer with the blueberries and the blackberries.

Garnish with a sprig of mint.

Spinach Surrender



INGREDIENTS | SERVES 4

4 eggs
75g grated cheddar cheese
2 slices of ham, cut into small pieces
290g fresh spinach, finely chopped

NUTRITIONAL VALUE (PER SERVING)

Calories 133
Total fat 7.8g
Saturated Fat 2g
Carbohydrates 3.6g
Fibre 1.9g
Protein 12g

PREP TIME | 10 MINUTES

COOKING TIME | 25 MINUTES

Preheat the oven to Gas Mark 6 or 200°C.
Place the beaten eggs, cheese, diced ham, and chopped spinach in a bowl and mix well. Place in an ovenproof flat dish and bake in the preheated oven for 25 minutes.
Remove the dish from the oven and allow to cool before cutting into 4 slices.
Serve with a salad of your choice and enjoy!

Ham & Cheese Omelette



INGREDIENTS | SERVES 4

4 free-range eggs
25g unsalted butter
50g vegetarian cheddar cheese, grated
1 slice ham, finely chopped
Salt and freshly ground black pepper to season

NUTRITIONAL VALUE (PER SERVING)

Calories 178
Total fat 14.3g
Saturated Fat 7.9g
Carbohydrates 1.8g
Fibre 0.1g
Protein 10.6g

PREP TIME | 5 MINUTES

COOKING TIME | 10 MINUTES

Place the eggs, cheese, and chopped ham together in a bowl, and whisk them together. Season to taste with salt and freshly ground black pepper.

Heat the butter in a frying pan until it foams slightly. Then, pour in the egg mixture, and cook for 2-3 minutes until the bottom of the omelette is solid.

Over a high heat, cook the omelette for a further 30 seconds, or until it takes on a golden brown colour at the bottom.

Fold the omelette in half, then remove the pan from the heat, and tilt it slightly to move the omelette to the edge of the pan.

Slide the omelette onto a serving plan.

Serve with a side of vine tomatoes and enjoy!

Scrambled Egg & Sausage



INGREDIENTS | SERVES 4

4 large eggs
2.5 tbsp. milk
400g pork sausage, sliced thinly
½ tbsp. olive oil

NUTRITIONAL VALUE (PER SERVING)

Calories 430
Total fat 35g
Saturated Fat 10.8g
Carbohydrates 0.8g
Fibre 0g
Protein 25.8g

PREP TIME | 5 MINUTES

COOKING TIME | 10 MINUTES

Put the oil in a griddle pan over a medium heat and brown the sausage pieces. This should take 3-4 minutes.

Whisk the eggs and milk together.

Add this mixture to the sausage.

Place on a serving plate and enjoy.

Bacon, Eggs & Tomatoes



INGREDIENTS | SERVES 4

8 rashers of smoked bacon, rind removed
4 free-range eggs
12 cherry tomatoes, halved
2 tbsp. olive oil
Salt and freshly ground black pepper to taste

NUTRITIONAL VALUE (PER SERVING)

Calories 273
Total fat 19.1g
Saturated Fat 5.5g
Carbohydrates 13.5g
Fibre 3.3g
Protein 14.4g

PREP TIME | 10 MINUTES

COOKING TIME | 10 MINUTES

Heat a tablespoon of olive oil in a frying pan over medium heat. Add the bacon, and cook for 2 minutes until lightly browned, then turn the bacon over and fry on the other side for another 2 minutes.

Add the tomatoes to the pan with the bacon, and season generously with black pepper.

Cook the tomatoes for a minute until they're just beginning to soften, turning them once.

Put the eggs and the remaining olive oil in a frying pan, and cook over a medium heat.

Place some bacon and tomatoes on four plates. Spoon a fried egg on each plate, season with some pepper, and tuck in.

Tenderstems, Eggs & Bacon



INGREDIENTS | SERVES 2

4 eggs
200g tenderstem broccoli
2 tbsp. olive oil
75g diced bacon
50g rocket
200g chestnut mushrooms, sliced
Salt and freshly ground pepper
to taste.

NUTRITIONAL VALUE (PER SERVING)

Calories 402
Total fat 30.2g
Saturated Fat 4.5g
Carbohydrates 5.7g
Fibre 3.8g
Protein 26.4g

PREP TIME | 10 MINUTES

COOKING TIME | 20 MINUTES

Fill a saucepan with water and bring to the boil. Turn down the heat, and pop in the eggs for 7 minutes to hard boil. After 6 minutes, add the tenderstems, and cook the eggs and the tenderstems together for the last minute. When cooked, drain the tenderstems and place to one side.

Once the eggs are cooked, place them in a pan of cold water for 3 minutes, then remove their shells and slice into halves.

Place a tablespoon of olive oil in a frying pan over a high heat. Wait for the olive oil to heat up a bit, then lower the heat and fry the bacon pieces for 4 minutes.

Pop the other tablespoon of olive oil in a frying pan over a medium heat, and fry the mushrooms for 3 minutes.

To plate up, place some tenderstems and some rocket on a plate. Pile on the bacon pieces, slices of egg, and mushrooms. Your meal is ready to enjoy!

Creamy Polenta Porridge



INGREDIENTS | SERVES 4

300g dry polenta
300ml semi-skimmed milk
300ml low fat single cream
450ml water
2 tbsp. agave nectar

NUTRITIONAL VALUE (PER SERVING)

Calories 212
Total Fat 1g
Saturated Fat 0.5g
Carbohydrates 46g
Fibre 5g
Protein 5.5g

PREP TIME | 15 MINUTES

Boil the water and milk in a medium saucepan.

Place the polenta in the pan, lower the heat and stir continuously until the liquid has been absorbed.

Place the cream in the pan and stir in the agave nectar to sweeten the porridge.

Serve with a garnish of berries of your choice. Blueberries, strawberries or even slices of banana go wonderfully.

Raspberry & Apple Smoothie



INGREDIENTS | SERVES 4

100g raspberries
100g apples, cored and diced
1 medium-sized banana
500ml cold skimmed milk
250ml plain low-fat yoghurt

PREP TIME | 10 MINUTES

Place the raspberries, apples, banana, milk, and yoghurt in a blender and whizz.
Serve immediately.

NUTRITIONAL VALUE (PER SERVING)

Calories 156.7
Total fat 1.1g
Saturated Fat 0.6g
Carbohydrates 30.2g
Fibre 3.6g
Protein 13.5g

Strawberry & Quinoa Glory



INGREDIENTS | SERVES 4

150ml water
50g quinoa
300ml cold semi-skimmed milk
2 tsp. sweetener
½ tsp. pure vanilla essence
200g strawberries

NUTRITIONAL VALUE (PER SERVING)

Calories 111
Total fat 2g
Saturated Fat 0.7g
Carbohydrates 17.6g
Fibre 1.5g
Protein 6.9g

PREP TIME | 10 MINUTES

COOKING TIME | 20 MINUTES

Add 150ml of water to the quinoa and bring to the boil. Lower the heat and simmer for 15 minutes.

Remove from the hob and place to one side.

Blend the milk, quinoa, sweetener, pure vanilla essence, and strawberries until they are completely smooth.

Serve in a tall glass and enjoy!



Lun

nch



Moroccan Lamb Stew



INGREDIENTS | SERVES 4

3 tbsp. olive oil
500g lean lamb steaks, diced
1 medium onion, finely sliced
2 garlic cloves, finely chopped
1 medium potato
400g tinned plum tomatoes
1 medium red bell pepper, sliced
220g tinned chickpeas
1 small aubergine
250ml boiling water
2 tbsp. red wine vinegar
2 tsp. freshly chopped thyme
2 tsp. fresh rosemary
Salt and freshly ground pepper
to taste

PREP TIME | 10 MINUTES

COOKING TIME | 1 HOUR 15 MINUTES

Preheat the oven to 180°C or Gas Mark 4.
Heat half the olive oil in a large saucepan on a high heat, and brown the pieces of lamb for 5 minutes. Lower the heat and add the rest of the oil. Fry the onions and garlic for 4 minutes. Pop the lamb, onions and garlic into a large ovenproof dish. Throw in the potato, tomatoes, red bell pepper, chickpeas, aubergine, boiling water, red wine vinegar and herbs. Season to your taste, mix thoroughly and cook for 1 hour and 15 minutes until the lamb is cooked.

NUTRITIONAL VALUE (PER SERVING)

Calories 431
Total fat 17g
Saturated Fat 4g
Carbohydrates 30g
Fibre 6g
Protein 40g

Vegetable Curry



INGREDIENTS | SERVES 2

2 tbsp. vegetable oil
1 medium onion, finely sliced
2 tsp. garlic, finely chopped
2 tsp. ginger, finely chopped
1 tsp. turmeric powder
250g tinned tomatoes, finely chopped
200ml hot vegetable stock
50g broccoli,
50g courgettes
50g sugar snaps
250g tinned chickpeas

NUTRITIONAL VALUE (PER SERVING)

Calories 328
Total fat 17g
Saturated Fat 4.2g
Carbohydrates 37g
Fibre 9.5g
Protein 4g

PREP TIME | 15 MINUTES

COOKING TIME | 15 MINUTES

Pop the oil in a large saucepan on a high heat. Fry the onions for 4 minutes until golden brown. Throw in the garlic and ginger and fry for another minute. Then, add in the turmeric powder and mix well.

Pour in the tinned tomatoes and hot vegetable stock. Bring to the boil, then lower the heat and put in the broccoli, courgettes, sugar snaps and chick peas. Cook for 7 minutes and your meal is ready to serve! An ideal accompaniment to this dish would be some cauliflower rice, grated cauliflower lightly fried in some vegetable oil!

Zingy Lamb Curry



INGREDIENTS | SERVES 4

4 tbsp. vegetable oil
600g lean stewing lamb, diced
1 medium onion, finely chopped
5 garlic cloves, finely chopped
2 tsp. fresh ginger, finely chopped
2 tsp. turmeric powder
1 green chilli, deseeded, finely chopped
400g tinned tomatoes, finely chopped
100g red lentils, rinsed
250ml boiling water
Salt to taste

NUTRITIONAL VALUE (PER SERVING)

Calories 468
Total fat 22g
Saturated Fat 5g
Carbohydrates 21g
Fibre 5g
Protein 50g

PREP TIME | 15 MINUTES

COOKING TIME | 1 HOUR 15 MINUTES

Heat 3 tbsp. of the vegetable oil on a high heat in a large frying pan. Then, brown the pieces of lamb in it; this will take 5-7 minutes.

Remove lamb with a slotted spoon and place aside. Pour the remaining vegetable oil into a large sauce pan and cook the onion, garlic and ginger for 4 minutes.

Next, throw in the turmeric powder and green chilli and cook for a further minute.

Pop in the cooked lamb, tinned tomatoes, lentils and boiling water.

Bring the mixture to the boil. Then lower the heat, season with the salt and simmer for an hour and 15 minutes.

Check regularly and add more water if needed throughout the simmering process.

A most delicious main meal!

Cheesy Courgette Frittata



INGREDIENTS | SERVES 4

50g butter

1 medium onion, finely sliced

250g courgettes, finely sliced

8 medium eggs, lightly beaten

30g hard vegetarian cheese,
finely grated

Salt and freshly ground pepper
to taste

NUTRITIONAL VALUE (PER SERVING)

Calories 267

Total fat 21g

Saturated Fat 10g

Carbohydrates 5.4g

Fibre 1.1g

Protein 15.2g

PREP TIME | 15 MINUTES

COOKING TIME | 10 MINUTES

Melt half of the butter in a large non stick frying pan.
Then, fry the onion for 2 minutes.

Pop in the sliced courgette and fry for 4 minutes until
they are soft.

Turn on the grill.

Put the remaining 25g of butter into the frying pan.
Season the eggs with salt and pepper to taste, pour
into the frying pan and cook for 3 minutes.

Sprinkle the frittata with grated cheese and place
under the preheated grill for 2 minutes until fully set.

Cut into quarters and tuck in. Scrumptious hot or
cold!

Herby Cod



INGREDIENTS | SERVES 4

8 spring onions
4 garlic cloves
4 tbsp. flat leaved parsley, finely chopped
4 tbsp. fresh mint, finely chopped
Juice of a lemon
200ml vegetable stock
4 cod fillets x 220g each
1 tbsp. olive oil
Salt and freshly ground pepper to taste

NUTRITIONAL VALUE (PER SERVING)

Calories 426
Total fat 5.3g
Saturated Fat 1g
Carbohydrates 8.1g
Fibre 1g
Protein 81g

PREP TIME | 15 MINUTES

COOKING TIME | 15 MINUTES

Preheat the oven to 210°C or Gas Mark 7.

Pop the white of the spring onions, garlic, fresh mint, parsley, lemon juice and the vegetable stock in a bowl and mix well.

Then, pour the mixture into an ovenproof dish which can contain all the cod in one layer.

Place the cod on the herby mixture, drizzle with the tablespoon of olive oil and bake for 15 minutes.

Remove from the oven and scatter with the remaining green parts of the spring onions.

Serve with veggies of your choice!

Spicy Chicken Stew



INGREDIENTS | SERVES 4

4 tbsp. olive oil
2 medium onions, sliced
1 tbsp. garlic cloves, finely chopped
16 chicken drumsticks
2 tbsp. cornflour
8 tbsp. water
800g Mr Organic gluten free green lentils, drained and rinsed
Handful of fresh coriander

NUTRITIONAL VALUE (PER SERVING)

Calories 549
Total fat 29g
Saturated Fat 6g
Carbohydrates 24g
Fibre 9.3g
Protein 43g

PREP TIME | 10 MINUTES

COOKING TIME | 40 MINUTES

Heat the olive oil in a large saucepan over a medium heat, then throw in the onions and fry for 4 minutes.

Add the garlic. Cook for another 2 minutes.

Add the chicken, and cook until it's brown all over. This should take 3-4 minutes.

Mix the cornflour and water to make a paste. Pour this into the pan, and add enough water to half-cover the chicken.

Lower the heat and simmer for 20 minutes.

Pop in the gluten free lentils and cook for another 5 minutes.

As a final touch, garnish with coriander.

Egg Curry



INGREDIENTS | SERVES 4

400g cooked brown rice, 100g per serving

1 tbsp. vegetable oil

1 medium onion

4 garlic cloves, finely chopped

2 tsp. ginger, finely chopped

200g fresh tomatoes, finely chopped

1 green chilli, finely chopped

1 tsp. garam masala

Salt to taste

8 free range eggs

250g celeriac, diced

Coriander to garnish

NUTRITIONAL VALUE (PER SERVING)

Calories 339

Total fat 14g

Saturated Fat 3.5g

Carbohydrates 33.3g

Fibre 3.1g

Protein 16.3g

PREP TIME | 10 MINUTES

COOKING TIME | 30 MINUTES

Pour water into a saucepan, until it's about two-thirds of the way full, and bring it to the boil. Drop in the uncooked rice, lower the heat and cook for 40 minutes. Then, drain the rice, and place it to one side.

Place the vegetable oil in a large saucepan over a medium heat. Add the onion and stir frequently for 4-5 minutes, ensuring that it turns brown.

Pop in the garlic and ginger, then stir thoroughly.

Add the tomatoes, chilli, garam masala, and salt to taste.

Cook for another 3 minutes.

Mix in the boiling water and allow to simmer for 5 minutes.

Boil up some water in another medium-size saucepan, then boil the eggs and diced celeriac for 7 minutes.

Using a colander, drain the eggs and the celeriac, then peel and halve the eggs. Gently stir the egg halves and celeriac into the curry, and cook them for another 5 minutes.

Serve with the brown rice, and garnish with freshly chopped coriander.

Chinese Style Salmon



INGREDIENTS | SERVES 4

2 tbsp. Gluten Free "organic" mustard
2 tbsp. Kikkoman Tamari Gluten-Free Soy Sauce
½ tbsp. honey
2 tsp. lemon juice
2 garlic cloves, minced
Pinch of white pepper
4 skinless salmon fillets, 120g each
300g salad greens
½ red onion, thinly sliced, to garnish
800g cooked brown rice

NUTRITIONAL VALUE (PER SERVING)

Calories 438.5
Total Fat 5.7g
Saturated fat 0.5g
Carbohydrates 76.7g
Fibre 4.3g
Protein 27.9g

PREP TIME | 15 MINUTES

COOKING TIME | 10 MINUTES

Preheat the oven to Gas Mark 4 or 180°C.

In the meantime place the uncooked rice in a pan with two thirds of the pan full of boiling water. Lower heat and cook for 40 minutes.

Then drain and set aside.

In a medium-size bowl, mix together the Gluten Free "organic" mustard Kikkoman Tamari Gluten-Free Soy Sauce, coconut aminos, honey, lemon juice, garlic, and white pepper. Put the salmon in the bowl and coat well.

Place the salmon in an ovenproof dish. Pour the remaining liquid over the salmon and bake for 10 minutes in the preheated oven.

Divide the greens onto 4 plates and put a salmon fillet on top of each plate.

Garnish with red onion and your dish is ready to serve!

Chicken & Bell Pepper Foo Yung



INGREDIENTS | SERVES 2

FOR THE SAUCE:

300g chicken breasts, finely chopped
6 spring onions, sliced
1 red chilli, deseeded and sliced
4 tsp. minced ginger
2 tbsp. Kikkoman Tamari Gluten-Free Soy Sauce
2 tsp. cornflour
2 tbsp. water
50ml veggie stock

FOR THE FOO YOUNG:

4 tbsp. vegetable oil
4 spring onions, trimmed and sliced
1 red pepper, de-seeded and chopped
60g bean sprouts
8 eggs, beaten

PREP TIME | 10 MINUTES

COOKING TIME | 30 MINUTES

FOR THE SAUCE:

Pop the chicken, spring onions, chilli, and ginger in a medium-size saucepan and cover with 650ml of water.

Bring this mixture to the boil, then cover it, lower the heat, and allow it to simmer for 20 minutes.

Pass this mixture through a strainer, and throw away the spring onions, ginger, and chilli.

Place the stock back in the saucepan, and add the Kikkoman Tamari Gluten-Free Soy Sauce.

Mix the cornflour with a little water to make a paste, and add some hot stock. Whisk the mixture until it thickens, then allow it to simmer for another 2 minutes.

FOR THE FOO YOUNG:

Heat the oil in a frying pan over a medium heat.

Throw in the spring onions, red pepper, and bean sprouts, then stir fry for 3 minutes.

Pour half of the eggs into a frying pan and cook for 3 minutes.

Once the bottom of the mixture is set, turn the omelette over and cook on the other side.

Chicken & Bell Pepper Foo Yung



NUTRITIONAL VALUE (PER SERVING)

Calories 682

Total fat 33.3g

Saturated Fat 14.8g

Carbohydrates 32.5g

Fibre 1.1g

Protein 74.6g

Pop the omelette onto a plate.

Use the other 4 eggs to make a second omelette, the same way you made the first.

Spread the chicken filling and vegetables into the middle of the omelette.

Serve straight away with the sauce and a garnish of coriander!

Beef Burger with Onion & Rocket



INGREDIENTS | SERVES 4

500g lean beef mince
2 medium onions, finely chopped
4 garlic cloves, finely chopped
1 tbsp. mint, finely chopped
1 tbsp. parsley, finely chopped
1 tbsp. olive oil
Salt and freshly ground pepper
to taste

NUTRITIONAL VALUE (PER SERVING)

Calories 210
Total Fat 9.7g
Saturated Fat 0.5g
Carbohydrates 4.9g
Fibre 0.6g
Protein 26.1g

PREP TIME | 15 MINUTES

COOKING TIME | 20 MINUTES

Pre-heat the oven to Gas Mark 6 or 200c.
Pop the beef mince into a mixing bowl. Mix in the chopped mint, garlic and parsley, and season well with salt and freshly ground pepper.
Split the mixture into 4 portions and shape each one into round burgers.
Place on a lightly greased baking tray in the preheated oven for 10 minutes on one side and 10 minutes on the other until cooked through.
The beef burgers are great served with caramelised onions on a bed of rocket.

Lamb Curry



INGREDIENTS | SERVES 2

2 tbsp. vegetable oil
300g lean lamb, cubed
1 onion, finely chopped
4 garlic cloves, finely chopped
2 carrots, sliced into ½ inch slices
500ml hot chicken stock
1 large tomato, finely chopped
1.5 tbsp. parsley, finely chopped
Salt and freshly ground black pepper to taste

NUTRITIONAL VALUE (PER SERVING)

Calories 506
Total Fat 36g
Saturated Fat 12.7g
Carbohydrates 12.6g
Fibre 3.4g
Protein 31.6g

PREP TIME | 15 MINUTES

COOKING TIME | 30 MINUTES

Put the oil in a large saucepan, and place over a medium heat. When it's hot, add the lamb, and brown all over. This should take 5 minutes.

Add the onion and the garlic, then sauté for 3 minutes.

Then, add the carrots and hot chicken stock. Bring this mixture to the boil.

Lower the heats, cover, and simmer for 20 minutes.

Stir in the chopped tomato and parsley, and cook for 2 minutes.

Season with salt and pepper to taste.

Chorizo & Chicken Salad



INGREDIENTS | SERVES 4

800g cooked chicken, cut into chunks
100g chorizo
100g rocket
200g cherry tomatoes
4 tbsp. olive oil (used separately)
2 tbsp. tarragon
2 garlic cloves, crushed
2 tbsp. white wine vinegar
Freshly ground black pepper

NUTRITIONAL VALUE (PER SERVING)

Calories 482
Total Fat 26.4g
Saturated Fat 6.5g
Carbohydrates 3.1g
Fibre 1.6g
Protein 56.9g

PREP TIME | 10 MINUTES

CHILLING TIME | 30 MINUTES

COOKING TIME | 5 MINUTES

Combine 2 tablespoons of olive oil, crushed garlic and tarragon in a bowl.

Add the chicken breast chunks to this olive oil mixture, ensuring that the chicken is covered and soaked. Leave it to marinate in the fridge for 35 minutes, or overnight if possible.

In a frying pan, fry the marinated chicken and gluten free chorizo slices in one tablespoon of olive oil for around 3 minutes.

Combine the rocket and tomatoes to make a salad. Add in the white wine vinegar, one tablespoon of olive oil and pepper and stir through the salad.

Mix in the chicken and chorizo, or arrange it on top, and your salad is ready to serve!

Tuna Nicoise



INGREDIENTS | SERVES 2

4 boiled eggs
150g asparagus tips
300g tuna steaks
1.5 tbsp. olive oil
100g mixed salad
200g sun dried tomatoes
25g flat leaf parsley, chopped finely
Juice and zest of a lemon

NUTRITIONAL VALUE (PER SERVING)

Calories 656
Total Fat 34g
Saturated Fat 6.6g
Carbohydrates 11g
Fibre 9.9g
Protein 63g

PREP TIME | 15 MINUTES

COOKING TIME | 15 MINUTES

Put the eggs in a saucepan, cover them with water, and bring to the boil. Then, lower the heat and hard boil the eggs for 5-7 minutes. In a griddle pan, add the asparagus and cook for 5 minutes until they are soft.

Place the asparagus to one side and run the eggs under cold water, then peel and slice into quarters.

Heat a griddle pan over a medium heat, then brush the tuna steaks with the olive oil, and cook for 3 minutes on each side.

Slice the tuna up and place on a plate with eggs, mixed salad, asparagus, and sun dried tomatoes.

Lay the parsley on top along with the lemon juice and its zest. The dish is now ready to serve.

Pasta Free Lasagne



INGREDIENTS | SERVES 4

Handful of fresh basil, chopped
1 ball mozzarella, chopped
(250g)

FOR THE COURGETTE PASTA:

4 medium courgettes, washed and cut lengthwise into thin, wide strips

1 tbsp. Himalayan salt
1 tbsp. olive oil
1 tbsp. melted butter
¼ tbsp. black pepper

FOR THE MEAT SAUCE:

500g minced lamb
1 tbsp. water
1 onion, diced
3 garlic cloves, minced
1 tsp. fresh oregano
1 tsp. fresh basil
1 tsp. black pepper
½ tbsp. Himalayan sea salt
3 tsp. fresh rosemary
4 tsp. fresh thyme

PREP TIME | 10 MINUTES

COOKING TIME | 15 MINUTES

FOR THE COURGETTE PASTA:

Place all of the ingredients for the courgette pasta in a zip lock or sandwich bag. Ensure they are thoroughly mixed together, and place it in the fridge to let it marinate.

Leave it in there while you prepare the sauce.

FOR THE MEAT SAUCE:

Brown the lamb mince in a saucepan with the olive oil for around 5 minutes, adding the water as you go.

Add in the diced onion, garlic, oregano, basil, salt, pepper, rosemary and thyme. Cook for a further 5 minutes, stirring to make sure the spices cover the meat and vegetables.

Mix in the drained tomatoes. Then lower the heat and simmer for about 15 minutes. Once cooked, set aside.

TO FINISH:

Preheat the oven to Gas Mark 5 or 190°C. Spread a few tablespoons of the sauce on the bottom of a nine by 13 inch (23 by 33cm) oven proof dish, or in four individual pot pie dishes.

Pasta Free Lasagne



675g tinned tomatoes, finely chopped
2 tbsp. olive oil

NUTRITIONAL VALUE (PER SERVING)

Calories 647.2
Total Fat 46.6g
Saturated Fat 20.8g
Carbohydrates 15.8g
Fibre 39.7g
Protein 39.7g

Layer the lasagne starting with a courgette pasta base, then add 1/3 of the meat sauce, add a sprinkling of basil, and put 1/3 of the mozzarella on top.

Repeat this process until you run out of ingredients.

Bake the lasagne in the pre-heated oven for 30 minutes.

Serve up and relish!



Dinner



Summer

Spicy Beef Stew



INGREDIENTS | SERVES 4

2 tbsp. vegetable oil
1 medium onion, finely chopped
3 garlic cloves, finely chopped
1 green chilli, finely chopped
2 medium red bell peppers, sliced
1 celery stick, sliced
500g lean beef mince
400g tinned tomatoes
400g cannellini beans
1 tbsp. fresh coriander
Salt and freshly ground pepper to taste

PREP TIME | 15 MINUTES

COOKING TIME | 40 MINUTES

Pop the vegetable oil in a large sauce pan on a medium heat and fry the onions for 3 minutes. Throw in the garlic and chilli and cook for another 2 minutes.

Mix in the red bell peppers and celery and cook for 4 minutes.

Place the lean beef mince in the pan and brown in all over. This takes about 4-5 minutes.

Then pour in the tomatoes and beans. Turn down the heat and simmer for 20 minutes.

Serve with a side of salsa and brown basmati rice. Truly delectable!

NUTRITIONAL VALUE (PER SERVING)

Calories 338
Total fat 14g
Saturated Fat 4g
Carbohydrates 26.1g
Fibre 8g
Protein 33g

Lemony Chicken Noodles



INGREDIENTS | SERVES 2

1 tbsp. lime juice
½ tbsp. Stevia
1 tbsp. gluten free Kikkoman
Tamari soy sauce
2 tbsp. vegetable oil
200g cooked rice noodles
300g cooked chicken, cut into
thin slices
120g bean sprouts
2 medium carrots, grated
2 tbsp. fresh coriander, finely
chopped
1 small gem lettuce, shredded
30g cashew nuts

PREP TIME | 10 MINUTES

COOKING TIME | 5 MINUTES

Mix the lime juice, Stevia and gluten free soy sauce
in a large bowl.

Pop the oil in a wok on a high heat and throw in the
chilled rice noodles and the cooked chicken. Stir fry
for 2-3 minutes.

Then, add the dressing, bean sprouts, grated carrots
and the chopped coriander.

Cook for 1-2 minutes on a high heat.

Plate the lemony chicken noodles up with a side of
the shredded gem lettuce.

Scatter with the cashew nuts and tuck in!

NUTRITIONAL VALUE (PER SERVING)

Calories 611
Total fat 27g
Saturated Fat 2.1g
Carbohydrates 37g
Fibre 3g
Protein 57g

Mackerel Salad



INGREDIENTS | SERVES 2

100g green beans, halved
200g tinned chickpeas, drained and rinsed
1 shallot, finely sliced
8 radishes, sliced
1.5 tbsp. flat leaf parsley, finely chopped
1 tbsp. lemon juice
2 tbsp. olive oil
2 smoked mackerel fillets, shredded
Few pea shoots and lemon wedges for garnishing

NUTRITIONAL VALUE (PER SERVING)

Calories 665
Total fat 49g
Saturated Fat 8g
Carbohydrates 30g
Fibre 7g
Protein 27g

PREP TIME | 15 MINUTES

COOKING TIME | 10 MINUTES

Bring enough water to cover the beans in a sauce pan to the boil.

Pop the beans in the boiling water for 4 minutes to blanch.

Then, remove the beans with a slotted spoon and drain excess water on some kitchen roll.

Throw the chick peas into a large bowl, along with the sliced shallot, sliced radishes, flat leaf parsley, lemon juice, olive oil and the shredded smoked mackerel.

Mix in the blanched green beans and garnish with a few pea shoots and lemon wedges.

Your salad is ready for savouring!

Nutty Chicken & Lentil Salad



INGREDIENTS | SERVES 2
200g Mr. Organic Gluten free green lentils, drained and rinsed
2 tbsp. lemon juice
4 spring onions, sliced
30g pistachio kernels, unsalted
100g sugar snaps
400g cooked chicken
Salt and freshly ground pepper to taste

PREP TIME | 10 MINUTES
Pop the drained lentils into a large bowl. Then, mix in the lemon juice, sliced spring onions, unsalted pistachio kernels, sugar snaps and cooked chicken.
Season the salad with salt and freshly ground pepper, to taste.
Divide the salad onto two plates and tuck in!

NUTRITIONAL VALUE (PER SERVING)
Calories 502
Total fat 15g
Saturated Fat 1g
Carbohydrates 13g
Fibre 6g
Protein 70g

Cod & Parsley Parcels



INGREDIENTS | SERVES 4

4 cod fillets, approx. 170g each, skinned

2 tsp. butter

1 tbsp. gluten free plain flour

500ml semi-skimmed milk

3 tbsp. fresh parsley, finely chopped

2 tbsp. lemon juice

Salt and pepper to taste

NUTRITIONAL VALUE (PER SERVING)

Calories 230

Total Fat 5.6g

Saturated Fat 2.8g

Carbohydrates 9.1g

Fibre 0.2g

Protein 35.2g

PREP TIME | 10 MINUTES

COOKING TIME | 20 MINUTES

Place the milk to boil with lemon juice and salt and pepper.

Once boiled, leave to cool for 30 minutes.

Melt the butter on a low heat, then mix in the gluten free flour, whisking thoroughly. Stir and cook for a minute.

Pour in the milk little by little, whisking constantly.

Return to the heat, stirring continuously and bring to the boil.

Simmer for 10 minutes. Then, pop in the salt and pepper to taste, and the chopped parsley.

Place the cod fillets in the pan and poach over a low heat for 4–6 minutes, without the sauce boiling until the fish is cooked.

Turn each piece of fish over after 2 minutes.

Place the fish fillets in a serving dish and spoon over with the parsley sauce.

Truly scrumptious!

Fish Pie



INGREDIENTS | SERVES 2

2 tbsp. olive oil
1 onion, finely chopped
2 cloves garlic
400g tinned tomatoes
½ tsp. cinnamon
½ tsp. ground ginger
Salt and pepper
120g salmon
140g smoked haddock

FOR THE MASH:

25g butter
300g celeriac
300g carrots
Salt and pepper

NUTRITIONAL VALUE (PER SERVING)

Calories 409
Total fat 20.3g
Saturated fat 3.5g
Carbohydrates 20.5g
Fibre 2.6g
Protein 19g

PREP TIME | 15 MINUTES

COOKING TIME | 45 MINUTES

Preheat the oven to Gas Mark 3 or 175°C. Chop the celeriac and carrots and boil in salted water for 7-10 minutes. Strain, mash and mix in the butter. Season with salt and pepper to taste.

Put the fish in boiling water in a saucepan, with just enough water to cover it. Cook for 5 minutes.

The fish should become opaque and flake easily.

Drain the fish and place in a bowl.

Pop the oil in a saucepan on medium heat and sauté the onion and garlic for 5 minutes. Mix in the cooked fish as well as tinned tomatoes, cinnamon, ginger and the salt and pepper.

Simmer on a medium heat to allow the flavours to infuse.

Place the mixture in a small roasting tin and cover with the mash.

Cook in the oven for 20 minutes until the mash crunches up.

Serve with a side of vegetables, a green salad or on its own.

Trout with Beans



INGREDIENTS | SERVES 4

400g tinned cannellini beans, drained
2 fresh green chillies, deseeded and finely chopped
Handful of fresh mint, finely chopped
4 x 250g trout fillets
4 tbsp. extra virgin olive oil
1 tbsp. garlic cloves, finely chopped
Salt and freshly ground pepper to taste
Juice of a lemon
400g tinned kidney beans, drained

PREP TIME | 10 MINUTES

COOKING TIME | 30 MINUTES

Preheat the oven to Gas Mark 5 or 190°C.

Put the drained cannellini beans, green chillies, and mint in a bowl.

Lightly drizzle the trout fillets with a tablespoon of extra virgin olive oil.

Sprinkle the garlic on top of the fish and season with salt and pepper.

Bake the fillets in the preheated oven for 10 minutes.

Remove from the oven and dress with some lemon juice and a tablespoon of extra virgin olive oil. Season with salt and pepper to taste. Serve on a bed of beans and enjoy!

NUTRITIONAL VALUE (PER SERVING)

Calories 703
Total Fat 32.6g
Saturated Fat 9.3g
Carbohydrates 32g
Fibre 12.7g
Protein 67.1g

Spicy Cod with Mixed Veg



INGREDIENTS | SERVES 4

300g broccoli
400g fresh green beans
8 x 200g cod fillets
10g butter, for greasing
3 tsp. ginger, finely chopped
1.5 tbsp. Kikkoman Tamari
Gluten-Free Soy Sauce
1.5 tbsp. sesame oil
Coriander to garnish
300g carrots
150g green beans
Salt and freshly ground pepper
to taste

NUTRITIONAL VALUE (PER SERVING)

Calories 465
Total Fat 7.9g
Saturated Fat 1.7g
Carbohydrates 24.1g
Fibre 8.7g
Protein 76.8g

PREP TIME | 10 MINUTES

COOKING TIME | 30 MINUTES

Preheat the oven on Gas Mark 4 or 180°C.
Bring some water to the boil in a medium size
saucepan and throw in carrots. Boil for 4 minutes,
then pop in the broccoli for 3 minutes.
Once the broccoli's been cooking for 2
minutes, add the green beans, then cook
them together for the remaining 3 minutes.
Remove the vegetables, and drain them in a
colander to remove any excess water.
Salt the cod fillets, then place them in a
baking tray greased with butter. Put some
ginger on top, then cook the fillets in the
preheated oven for 12-15 minutes.
Remove from the oven and drizzle with Kikkoman
Tamari Gluten-Free Soy Sauce.
Heat the sesame oil in a small saucepan and
pour over the top of the fillets.
Plate up the fillets, alongside the mixed veg.
Garnish with coriander and tuck in!

Lemon Sole with Roasted Celeriac



INGREDIENTS | SERVES 4

800g celeriac
350g cherry tomatoes
8 tbsp. olive oil
8x 260g lemon sole
Salt and freshly ground black pepper
Zest and juice of a lemon
12 fresh thyme leaves

NUTRITIONAL VALUE (PER SERVING)

Calories 450
Total Fat 29.9g
Saturated Fat 4.1g
Carbohydrates 22.4g
Fibre 4.9g
Protein 25.2g

PREP TIME | 15 MINUTES

COOKING TIME | 40 MINUTES

Preheat the oven to Gas Mark 4 or 180°C.

Peel the celeriac, and dice it into small cubes.

Place the cherry tomatoes on a baking tray and drizzle with a tablespoon of the olive oil.

Roast for 30 minutes.

Take them out of the oven and place to one side to cool.

Put a tablespoon of olive oil in a large frying pan over a medium heat, then fry the lemon soles, one at a time, in the oil. It should take around 5 minutes on each side to fry lemon sole.

Once they're all cooked, plate them up and season with salt and pepper to taste.

Serve the fried mackerel fillets with a side of roasted celeriac and cherry tomatoes.

Spicy Beef Salad



INGREDIENTS | SERVES 4

1 corn on the cob
3 tbsp. olive oil
150g quinoa
5 tbsp. homemade tomato salsa
Juice of a lime
300g very lean small steaks
150g mixed salad
1 avocado, peeled and sliced
1 handful of fresh coriander
1 small red onion, finely sliced
Salt and pepper to taste

NUTRITIONAL VALUE (PER SERVING)

Calories 418
Total Fat 20.8g
Saturated Fat 4.1g
Carbohydrates 28.9g
Fibre 4.3g
Protein 26.5g

PREP TIME | 10 MINUTES

COOKING TIME | 15 MINUTES

Bring a pan of water to the boil. Pop in the corn and cook for 5 minutes, then drain.

Use a little oil to brush the sweet corn.

Cook the sweet corn on a griddle pan for 4 minutes, until lightly charred.

In the meantime cook the quinoa according to packet instructions, then pop it into a bowl and mix in half the lime juice.

Rub the salt and pepper onto the steak along with some more oil.

Get the griddle pan hot and cook the steaks for 2 minutes on each side, and place to one side.

Mix the salad leaves with the quinoa and serve on a platter. Strip kernels from the corn cob with a knife and scatter onto the salad.

Cut the steak into strips and mix in with the salad, along with the avocado, fresh coriander and red onion. Combine the remaining olive oil, lime juice and homemade tomato salsa for a dressing and drizzle onto the salad prior to serving.

Beef Sirloin with Green Salad



INGREDIENTS | SERVES 4

1.5 kg sirloin of beef
Salt and freshly ground pepper to season
2 tbsp. olive oil
Small bag of rocket

FOR THE GREEN SALAD:

1.5 tbsp. capers, finely chopped
3 tbsp. gherkins, finely chopped
4 spring onions, finely chopped
1 tbsp. parsley, finely chopped
Juice of a lemon
5 tbsp. extra-virgin olive oil

NUTRITIONAL VALUE (PER SERVING)

Calories 726
Total Fat 43.5g
Saturated Fat 12.8g
Carbohydrates 7.6g
Fibre 2.2g
Protein 79.5g

PREP TIME | 10 MINUTES

COOKING TIME | 75 MINUTES

Pre-heat the oven to Gas Mark 9 or 240°C. Rub the oil on the meat. Then, season with salt and freshly ground black pepper.

Place the beef on a baking tray and cook in the oven for 25 minutes.

Lower the temperature of the oven to Gas Mark 5 or 190°C and roast for 50 minutes.

Take out of the oven and cool.

FOR THE GREEN SALAD:

Combine the capers, gherkins, spring onions, parsley, finely chopped, lemon juice and extravirgin olive oil in a bowl.

Slice the beef into thin slithers and arrange on a plate. Place some salsa verde on top and garnish with rocket leaves.

Your dish is now ready to enjoy!

Steak & Vegetables



INGREDIENTS | SERVES 4

4 x 500g steaks
300g frozen peas
300g carrots, peeled and sliced
300g green beans, sliced
300g brocolli
4 tbsp. butter
Salt to season

NUTRITIONAL VALUE (PER SERVING)

Calories 1171.1
Total Fat 43.3g
Saturated Fat 19.2g
Carbohydrates 29.3g
Fibre 10.8g
Protein 157.3g

PREP TIME | 5 MINUTES

COOKING TIME | 20 MINUTES

Rub the salt onto the steak.

Bring some water to the boil in a large saucepan. While the water is boiling, peel and chop your veg ready for cooking.

Once this is done, lower the heat, throw in the veggies and cook for 5-10 minutes.

In the meantime, pour the oil into a large, heavy based frying pan and heat to a medium/high heat.

Place the steaks in the frying pan and sear for 5 minutes each side, until they are cooked to your taste.

Enjoy with the side of mixed veggies!

Pan Fried Celeriac & Chorizo



INGREDIENTS | SERVES 4

800g celeriac, cubed in to inch pieces

4 tbsp. olive oil

2 tbsp. rosemary

2 red onions, finely sliced

2 red pepper, finely sliced

500g chorizo, skinned and sliced

300g cherry tomatoes

200ml vegetable stock

3 tbsp. flat leaf parsley, finely chopped

NUTRITIONAL VALUE (PER SERVING)

Calories 474

Total fat 31.4g

Saturated Fat 7.5g

Carbohydrates 34.7g

Fibre 7g

Protein 17.7g

PREP TIME | 15 MINUTES

COOKING TIME | 30 MINUTES

Pop the diced celeriac in a saucepan, cover it with water, and bring it to the boil.

Lower the heat and allow to simmer for 5-7 minutes, then drain the celeriac in a colander.

Heat the oil in a large frying pan over a medium heat. Throw in the celeriac and some rosemary, and fry for 3 minutes until the celeriac is slightly brown.

Add the onions and red pepper, and cook for 3 minutes.

Mix in the chorizo and cook for another 4 minutes.

Add the tomatoes and the vegetable stock.

Stir the entire mixture and cook for another 4 minutes.

Garnish with parsley and your dish is ready to serve!

Cod with Sautéed Kale



INGREDIENTS | SERVES 4

FOR THE FISH:

4 x 170g cod fillets
400g tinned tomatoes, chopped
½ red bell pepper, chopped
1 tsp. lemon zest
2 tsp. chopped thyme leaves
Himalayan sea salt and black pepper, to taste
1 tbsp. fresh lemon juice

FOR THE KALE:

450g kale, tough stems and ribs removed and cut into 1 inch strips
2 tbsp. olive oil
1 tbsp. red wine vinegar
Dash of sea salt

NUTRITIONAL VALUE (PER SERVING)

Calories 380
Total Fat 8.1g
Saturated Fat 1.2g
Carbohydrates 19g
Fibre 5.3g
Protein 33g

PREP TIME | 10 MINUTES

COOKING TIME | 35 MINUTES

Preheat the oven to Gas Mark 7 or 210°C. Lightly spray or coat a 13x9" (33x23cm) ovenproof dish with coconut oil.

Combine the tomatoes, peppers, lemon zest, thyme, salt and pepper in a saucepan and cook for 5-8 minutes until soft. Place the cod in the prepared baking dish and season with a pinch of salt and pepper. Bake in the preheated oven for around 15 minutes.

Drizzle with a tablespoon of lemon juice.

FOR THE KALE:

Boil half a saucepan of water and drop in the kale. Boil the kale for around 10 minutes. Remove the kale from the heat, drain it, and set it to one side.

Heat some oil on a medium-high temperature. Add the garlic and cook for about 1 minute, until it softens. Reduce the heat to low and add the kale. Simmer gently until everything in the pan is warmed through. Remove from the heat and stir in the vinegar and sea salt. Serve the cod on a bed of kale with the vegetable mixture on the side.



Dess



dessert

Pecan Pancakes



INGREDIENTS | SERVES 4 FOR THE PANCAKES:

100g rice flour
100g tapioca flour
2 large eggs
400ml almond milk
4 tbsp. coconut oil

FOR THE TOPPING:

50g pecans, toasted
2 tbsp. agave nectar

NUTRITIONAL VALUE (PER SERVING)

Calories 437
Total fat 27g
Saturated Fat 14g
Carbohydrates 47g
Fibre 2.4g
Protein 7g

PREP TIME | 15 MINUTES

COOKING TIME | 15 MINUTES

Place the rice flour, tapioca flour, eggs and almond milk in a food processor and whizz for 2 minutes. Pop the smooth batter into a jug.

Heat a large non-stick frying pan to hot and add half a tablespoon of coconut oil per pancake.

Then pour an eighth of the batter into the pan and swirl it round to make a full sized pancake.

Cook for 2 minutes until the edges of the pancake have turned golden.

Using a spatula, turn the pancake round and cook on the other side.

The second side should take a minute to cook. Ensure both sides are golden.

Then, repeat the process so all 8 pancakes are cooked.

Keep the pancakes warm in some foil and pop them in a heated oven on a low temperature.

To plate up, layer 2 pancakes per serving onto a plate. Top the pancakes with pecans and drizzle with agave nectar.

Serve straight away and tuck in!

Raspberry & Limoncella Semifreddo



INGREDIENTS | SERVES 4 FOR THE SEMIFREDDO:

150g fresh raspberries
4 tbsp. Stevia
300ml carton double cream
5 tbsp. Limoncella

400ml crème fraîche FOR THE COULIS:

300g fresh or frozen (thawed)
raspberries
2 tbsp. agave nectar
Extra raspberries for serving

NUTRITIONAL VALUE (PER SERVING)

Calories 367
Total Fat 25g
Saturated Fat 15g
Carbohydrates 19.5g
Fibre 5.5g
Protein 1g

PREP TIME | 1 HOUR 50 MINUTES

CHILLING TIME | OVERNIGHT

Using cling film line the base of a 1kg loaf tin. Using a fork, for the semifreddo, mash the raspberries and two tablespoons of Stevia in a bowl. Whisk the cream, the Stevia and the Limoncella into soft peaks. Beat the crème fraîche so it forms a similar consistency to the double cream mixture. Then carefully fold the cream mixture in with the crème fraîche. Swirl the mashed raspberries through the creamy mixture. Pour the mixture into the loaf tin. Mash the raspberries using a fork and mix with two tablespoons of agave nectar for a coulis. For a finer coulis you can sieve this mixture. Cover the semifreddo with cling film and freeze overnight. You can freeze the semifreddo and the coulis for up to a month. The frozen semifreddo will need to be defrosted for an hour prior to serving and the coulis will need to be thawed overnight before serving. Peel the cling film from the semifreddo. Drizzle a bit of the coulis on to it and place some raspberries over the top. Slice the semifreddo and serve with the coulis.

Frozen Mango Yoghurt



INGREDIENTS | SERVES 6
320g mango, peeled and sliced
800g low fat plain yoghurt
50ml agave nectar
2 tsp. pure vanilla essence

NUTRITIONAL VALUE (PER SERVING)
Calories 187
Total Fat 4g
Saturated Fat 2g
Carbohydrates 33g
Fibre 1.3g
Protein 6g

PREP TIME | 10 MINUTES

CHILLING TIME | 4 HOURS

Mix the mango, yoghurt, agave nectar, and pure vanilla essence in a large bowl.

Transfer the yoghurt into an old, clean ice cream tub. Freeze for an hour then remove from the fridge and mix the frozen yoghurt again.

Freeze again for another 3 hours.

Serve with shavings of dark chocolate and enjoy!

English Scones



INGREDIENTS | SERVES 12

1 tbsp. honey
100ml unsweetened apple juice
100g butter
4 tbsp. unsweetened almond milk
1 tsp. pure vanilla essence
400g almond flour
2 tsp. bicarb of soda
100g raisins
2 tbsp. Stevia

NUTRITIONAL VALUE (PER SERVING)

Calories 296
Total fat 25g
Saturated Fat 6g
Carbohydrates 28g
Fibre 4g
Protein 7g

PREP TIME | 15 MINUTES

COOKING TIME | 20 MINUTES

Preheat the oven at 190°C/Gas Mark 5.

Combine the honey, unsweetened apple juice, butter, almond milk and pure vanilla essence together.

Mix together the almond flour, bicarbonate of soda, raisins and Stevia to make a dough.

Roll the dough out onto a lightly floured surface until it is about an inch and a half thick. Cut out circular shapes using a pastry cutter and place these on a greased baking tray. Roll any remaining bits of dough together and repeat so that all the mixture is used.

Bake for around 20 minutes. To check if the scones are done, poke a skewer (or something similarly long and thin) into one of them, then withdraw it. If the scones have set the skewer will come out clean.

Leave the scones on a wire rack to cool.

Enjoy with lashings of homemade jam!

Chocolate Chip Cookies



INGREDIENTS | SERVES 30

250g almond flour
1 tsp. bicarb. of soda
30g Triple Zero sweetener
100g butter
2 large eggs
2 tsp. pure vanilla essence
40g gluten free carob chips

NUTRITIONAL VALUE (PER SERVING)

Calories 86
Total Fat 8g
Saturated Fat 2.4g
Carbohydrates 2.2g
Fibre 1g
Protein 2.4g

PREP TIME | 15 MINUTES

COOKING TIME | 10 MINUTES

Preheat the oven at 190°C/Gas Mark 5.

In a large bowl, mix together the almond flour, bicarbonate of soda and Triple Zero sweetener. Add the butter and mix thoroughly. Throw in the eggs and the pure vanilla essence.

Mix in the gluten free carob chips.

Drop spoonfuls about 1 inch in diameter onto a greased baking tray. Bake for around 10 minutes. You can check if chocolate cookies are done by nudging the edges with a spatula or gently pressing down with your fingers: when the cookie is done the edges will be firm.

Coconut Panacotta



INGREDIENTS | SERVES 2

400ml coconut milk
1 vanilla pod
1 tbsp. agar agar flakes or 1 tsp.
agar agar powder (vegetarian
gelatine substitute, available at
health food shops
4 tbsp. pomegranate seeds

NUTRITIONAL VALUE (PER SERVING)

Calories 250
Total Fat 38g
Saturated Fat 33g
Carbohydrates 26g
Fibre 6g
Protein 2.5g

PREP TIME | 15 MINUTES

COOKING TIME | 10 MINUTES

RESTING TIME | 1 HOUR

Put the coconut milk in a pan along with the agar agar and place to one side. Add the vanilla to the coconut milk mixture by slicing open the vanilla bean lengthways, and using the tip of a knife to remove the dark contents of the vanilla bean.

Gently heat the mixture over a medium heat, whisking thoroughly at the same time. Continue whisking until the agar agar has totally dissolved. If you are using agar agar flakes you will need to simmer the mixture for 10-15 minutes. If you are using the agar agar powder you will need to simmer it for up to five minutes.

Remove the mixture from the heat and pour the mixture into 4 serving bowls. Place them in the fridge to set: this will take approximately 1 hour.

Top your dish with pomegranate seeds and tuck in!

Pistachio Gelato



INGREDIENTS | SERVES 4

400ml half-fat coconut milk
200ml unsweetened almond milk
30ml agave nectar
¼ tsp. Xanthan gum
150g unsalted pistachios (shelled & finely chopped)

NUTRITIONAL VALUE (PER SERVING)

Calories 300
Total Fat 18g
Saturated Fat 2g
Carbohydrates 30g
Fibre 11g
Protein 9.2g

PREP TIME | 4 HOURS

Whizz the half-fat coconut milk, unsweetened almond milk, agave nectar, Xanthan gum and 100g of the shelled pistachios in a blender. Blend the mixture for a couple of minutes until totally smooth.

Place the mixture in the fridge for 2 hours. Freeze the ice cream for 2 hours. When it is set add the rest of the chopped pistachios and allow the ice cream to freeze completely. The finished item will keep in the freezer for up to 3 weeks.

Crème Brûlée



INGREDIENTS | SERVES 2

400g double cream

4 egg yolks

1 tbsp. Stevia

FOR THE TOPPING:

1 tbsp. butter

2 tsp. Stevia

NUTRITIONAL VALUE (PER SERVING)

Calories 643

Total Fat 40g

Saturated Fat 16.2g

Carbohydrates 65.7g

Fibre 0g

Protein 13.4g

PREP TIME | 5 MINUTES

COOKING TIME | 30 MINUTES

Heat the cream, ensuring that it doesn't boil.

Put the egg yolks in a bowl and add the tablespoon of Stevia.

Whisk the cream into the egg yolks and Stevia. Pour into 4 ramekins and bake for 25-30 minutes.

Check every 5 minutes to ensure that they are done. You can tell if your dessert is baked by shaking it - a cooked crème brûlée will only wobble slightly when shook. Place on topping ingredients and grill until golden brown in colour.

Once slightly cooled your dish is ready to serve!

Creamy Berry Treat



INGREDIENTS | SERVES 4

180g blueberries
120g raisins
400ml thick cream, whipped
180g raspberries
2 tbsp. raspberry coulis
180g blackberries
Sprigs of mint

PREP TIME | 10 MINUTES

Put the blueberries and raisins in a dessert bowl until approximately a third of the way full. Spoon on the whipped cream, and layer the raspberries on top. Combine the fruit coulis with the remaining cream and pour onto the raspberries. Top with blackberries and sprigs of mint.

NUTRITIONAL VALUE (PER SERVING)

Calories 302
Total fat 12.4g
Saturated Fat 7.6g
Carbohydrates 46.6g
Fibre 8g
Protein 4.9g

Vanilla Ice Cream



INGREDIENTS | SERVES 4

300ml full fat milk
150ml double cream
1 tbsp. sweetener
1 vanilla pod
4 medium egg yolks
Berries to serve

NUTRITIONAL VALUE (PER SERVING)

Calories 250
Total fat 22.3g
Saturated Fat 2.4g
Carbohydrates 12.5g
Fibre 0g
Protein 3.5g

PREP TIME | 5 MINUTES

COOKING TIME | 15 MINUTES

CHILLING TIME | OVERNIGHT

Place the milk, cream, sweetener and vanilla pod in a saucepan. Heat gently, stirring throughout, until the sweetener has dissolved. Bring this mixture slowly to the boil.

Beat the egg yolks in a bowl. Pour the boiling milk on to the egg yolks slowly and steadily, whisking throughout. Remove the vanilla pod before straining the vanilla custard into a used ice cream tub. Set aside to cool. Put the lid on the container and freeze overnight. Prior to serving, leave the ice cream out at room temperature for 10 minutes.

Serve with berries of your choice and enjoy!

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