

# Gluten Free (Coeliac) Food Options

On the gluten free diet you can eat many foods including meat, fish, fruit, vegetables, rice and potatoes. You can also eat gluten free substitute foods and processed foods that don't contain gluten which you can often find in supermarkets in their 'Free From' aisles. Some examples of Gluten Free meals are as below, there are sample recipe's below to follow...

- Meat or vegetable Stir Fry with rice noodles or rice
- Stuffed Peppers (rice/mince/vegetable stuffed)
- Curry and rice
- Baked potatoes with butter and filling
- Casseroles or stews (just all veg, meat or fish with gluten free stock)
- Chilli & rice
- Steak & chips or grilled fish/chicken & chips (no batter/breadcrumbs).
- Salmon/fish/meat with boiled potatoes and veg
- Soups



**Or for frozen: there are frozen gluten free options in most supermarkets, and also many dried substitutes in their 'Free From' isles, like gluten free pasta, bread and cereals. Below are some examples available from the supermarkets....**

- Some popular gluten free brands are Genius, Amys Kitchen, Quorn (most products)
- Snacks – gluten free oat cakes, rice cakes, gluten free biscuits and crispbreads, chocolate brownies are often gluten free.
- 'Free From' fish fingers & breaded fish/battered fish
- 'Free From' chick nuggets
- Gluten free pizza
- Gluten free lasagnes
- Burgers (without the buns)
- Potato waffles & chips



For more reference try the official Coeliac website which has lots of info and help - <https://www.coeliac.org.uk>

*Here are some sample recipes ...*

## Chicken & Tomato Spiced Curry

2 tbsp vegetable oil

450g chicken breast, cut into cubes

1 onion, chopped

1 red pepper, deseeded and sliced

2 garlic cloves, finely chopped

1cm piece ginger, peeled and finely chopped

2 tbsp Madras curry paste

400g tin chopped tomatoes

300g basmati rice

handful coriander, chopped, to serve

This easy chicken curry is ready in just 30 minutes and only needs a handful of ingredients to add real flavour. Madras curry paste creates a hearty, comforting meal, but you can add more if you like it very hot.

Heat 1 tbsp of the oil in a large flameproof casserole dish set over a high heat. Working in batches if necessary, cook the chicken for 5-7 mins until golden and just cooked through, then remove and set aside.

Put the remaining oil in the dish. Add the onion, cook for 3 mins until soft, then add the red pepper and cook for 2 mins. Stir in the garlic and ginger and cook for 30 secs. Stir in the curry paste until everything is well coated.

Pour in the tomatoes along with 200ml water. Bring to the boil, then reduce the heat, cover the dish and leave to simmer for 10 mins until the sauce has thickened a little. Return the chicken to the dish and cook for 5 mins, uncovered, until piping hot and cooked through.

Meanwhile, cook the basmati rice following pack instructions. Serve with the curry and sprinkle over the coriander to finish.





# Quick and simple – Butterbean Casserole

1 onion, chopped	1 x 400g tin tomatoes
1 clove garlic, crushed - optional	1 tbsp tomato puree
1 carrot, sliced	2 tbsp vegetable oil
1 leek, sliced	1 tsp dried mixed herbs
4 oz (115g) sliced mushrooms	Salt and pepper to taste
1 x 400g tin butterbeans	

Fry the onion, garlic, carrot and leek in the oil for 3 mins. Add the mushrooms and fry for a further 2 mins.

Add the beans (drained), tomatoes, tomato puree, herbs, salt & pepper. Bake in an ovenproof dish for 30mins at 190C/375F/gas mark 5.

- *Add cheese or fresh herbs for additional topping*
- *Can also add sausages or other meat*



# Chilli Con Carne

500g beef mince	400g chopped tomatoes
1 courgette, chopped	1 tbsp tomato puree
1 red pepper, chopped	1/2 stock cube with 150ml water (gluten free stock)
1 tsp crushed chilli paste	salt and pepper
2 tsp oregano	fresh chives, chopped
1 tsp cumin	garlic infused oil, to cook in
1/2 tsp asafoetida	

Chop your red pepper and courgette and fry in some garlic infused oil until slightly softened.

Add in your beef mince and continue cooking.

Next add your chopped tomatoes and tomato puree. Stir in and continue cooking.

In a small dish, mix together your crushed chilli paste, oregano, cumin and asafoetida. You can add a little water to make it a bit more paste-like. Add this into your pan and mix into your chilli con carne. Continue to cook.

Soon after, add your stock. Bring to boil and then down to a simmer until the chilli con carne has reduced. It usually takes mine about 15 minutes.

Once reduced remove from the heat. Season with salt and pepper, and top with freshly chopped chives.

Serve up with rice, gluten free tortilla chips, cheese. Enjoy!





# One Pan Fab Fish

300 g white basmati rice

6 heaped teaspoons green olive tapenade

350 g ripe mixed-colour cherry tomatoes

½ a bunch of fresh basil (15g)

500 g white fish fillets - such as haddock, skin off, pin-boned, from sustainable sources

In a large shallow casserole pan on a high heat, mix the rice with 2 heaped teaspoons of tapenade, then pour over 600ml of water. Put the lid on and let it come to the boil while you halve the tomatoes and, in a bowl, mix them with 1 tablespoon each of olive oil and red wine vinegar. Taste, season to perfection with sea salt and black pepper, and tear in most of the basil leaves.

Cut the fish into four equal-sized pieces and place in the pan, pushing them into the rice. Scatter over the dressed tomatoes. Put the lid back on and boil for 10 minutes, or until the rice is cooked through, then remove the lid and cook for a further 2 minutes until all the liquid has evaporated. Spoon the remaining tapenade over the fish, pick over the remaining basil leaves, drizzle lightly with extra virgin olive oil, and dish up.



# Shepherds Pie

Tablespoon olive oil	500g minced lamb
2 medium onions - finely chopped	1 bay leaf
1 carrot - diced small	2 sprigs of thyme
1 tin chopped tomatoes	Salt and freshly ground black pepper
1 tbsp gluten and wheat free plain flour	700g potatoes
350ml beef or lamb stock- made from gluten and wheat free stock cubes	60ml milk
	75g butter

In a large non-stick frying pan heat the oil and add the chopped onions and carrots and cook for 5 minutes. Add the mince and brown, making sure that any big lumps are broken down with the back of a spoon. Add 1 tablespoon of gluten and wheat free plain flour, stir and cook for a few minutes. Add the bay leaf, sprigs of thyme, chopped tomatoes and the stock.

Bring the mixture to the boil, adding a pinch of salt and pepper and let it simmer for about 45 minutes. Remove the bay leaf.

Preheat the oven to 180°, 400 F, Gas mark 6.

Boil the potatoes for 20 minutes, until cooked. Drain and add the butter and milk and mash together. Season with salt and black pepper.

Pour the meat into an ovenproof dish and spread the mash on top, smooth over and mark with a fork.

Put the dish into the pre-heated oven until it is bubbling and golden, around 30 minutes.

Serve with some seasonal vegetables.

