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7-DAY MEAL PLAN RECIPES

GLUTEN FREE DIET ON A BUDGET





Fake-away Chicken Gyros **50-51**

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Welcome to your gluten free on a budget recipe book.

This book contains a full week of budget-friendly recipes that not only meet your nutritional needs but also won't break the bank. They all serve two people, but if needed, simply scale up the recipes to suit your family, or make extra to put in the freezer.

We've calculated the weekly budget, based on the individual amounts of each ingredient needed, to make each dish. Your total weekly shop will be higher, as this will include the whole packet/jar/can or bottle purchased. We've made the most of the ingredients across the week and any leftovers can either remain in your store cupboard, fridge or freezer for another time.

We all like a treat once in a while, so in addition to the full week of budget recipes, we have also included a 'Fakeaway treat night' showcasing a main dish and dessert. The Fakeaway dishes are not included within the weekly costings or 7-day planner, however many of the ingredients already purchased for the week can be used within these dishes.

For ease, there are printable versions of the 7-day meal planner, shopping list and nutrition information. All can be found on our Gluten Free on a Budget web page, along with a full shopping list and nutritional information on all the recipes.

We hope you enjoy cooking and eating these delicious gluten free, budget-friendly meals!



Gluten free on a budget 7-day meal plan

	Breakfast	Lunch	Dinner
Day 1	Overnight oats with banana and fresh berries	Poached egg on toast with avocado and tomato	Chestnut mushroom & spinach curry
Day 2	Gluten free banana pancakes with fruit	Sweet jacket potato with salad	Gluten free toad in the hole with roast onion and mustard gravy
Day 3	Apple and cinnamon baked porridge	Tomato soup with mascarpone	Green lentil and halloumi salad
Day 4	Gluten free granola with yoghurt	Chicken and potato traybake	Gluten and yeast free pizza
Day 5	Boiled egg and gluten free toast	Tomato, butterbean and mascarpone pasta	Budget fish and chips
Day 6	Gluten free granola with milk	Tomato soup with cheese croutons	Turkey burgers and sweet potato chips
Day 7	Baked beans on gluten free toast	Bean ratatouille	Salmon and pea fishcakes

Overnight Oats with Banana and Fresh Berries

Overnight oats are one of the most popular ways to eat oats – for a good reason! This simple no cook recipe is versatile, filling, and nutritious. You can soak them with any milk or milk alternative and sweeten with honey or maple syrup.

Serves: 2 | Prep Time: 5 minutes | Cook Time: None

Ingredients

80g gluten free porridge oats*
250ml soya milk
100g coconut yoghurt*
1 banana, sliced
160g fresh berries
10g chia seeds
2 tbsps honey

* Check Coeliac UK's Food and Drink Information for suitable products

Method

1. Stir together the oats, milk and yoghurt in a bowl.
2. Place in the fridge overnight.
3. In the morning top with banana, fresh berries and chia seeds and a drizzle of honey.

1 BREAKFAST DAY 1



Gluten Free Banana Pancakes with Fruit

Fluffy banana pancakes, easy to whisk up for a midweek breakfast, or great for pancake day!

Serves: 2 | Prep Time: 4 minutes | Cook Time: 5 minutes

Ingredients

1 banana
125g gluten free self-raising flour*
1 egg
150ml milk of choice
1 tbsp oil for frying
160g frozen fruit

* Check Coeliac UK's Food and Drink Information for suitable products

Method

1. Mash the banana with the back of a fork, until it resembles a purée.
2. Add boiling water to the frozen fruit.
3. Put the flour into a large bowl and make a well in the middle.
4. Beat in the egg and add the milk to make a smooth batter.
5. Add in the mashed banana and whisk until smooth.
6. On a medium heat, heat a little oil in a non-stick frying pan, enough to cover the bottom.
7. Pour the batter into the bottom of the frying pan to make 8-10cm circles.
8. When bubbles start to appear on the surface, flip the pancake and cook for 3 more minutes.
9. Repeat until the batter is used up.
10. Drain the fruit and serve with the pancakes.

2 BREAKFAST DAY 2



Apple and Cinnamon Baked Porridge

Combining warm spices with creamy porridge, this nourishing breakfast is both satisfying and enough to see you through to lunchtime.

Serves: 2

Prep Time: 5 minutes

Cook Time: 20 minutes
plus 10 minutes cooling

Ingredients

200mls semi skimmed milk
100mls double cream
75g gluten free porridge oats*
15g sultanas
1 small apple, grated
½ tbsp ground cinnamon
½ tsp ground nutmeg

* Check Coeliac UK's Food and Drink Information for suitable products

Method

1. Preheat oven to 180°C/160°C fan/gas mark 4.
2. In a large mixing bowl, combine the milk, cream, oats, sultanas, grated apple and spices together.
3. Transfer to a small to medium oven dish and spread out evenly.
4. Place in the oven and bake for around 20 minutes or until the liquid has been absorbed.
5. Remove from the oven and leave to cool for 10 minutes before serving.

3 BREAKFAST DAY 3



Gluten Free Granola (oat free) with Yoghurt

A deliciously crunchy, oat-free granola made with wholesome mixed nuts and seeds. Naturally sweet, full of flavour and perfect for enjoying with yoghurt, milk or simply as a snack on its own.

Serves: 6 (approx.40g portions)

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

150g mixed nuts (budget mix)*
100g sunflower seeds
40g pumpkin seeds
30g chia seeds
60g sultanas
3 tbsps sunflower oil
4 tbsps honey
1 tsp ground cinnamon

* Check Coeliac UK's Food and Drink Information for suitable products

Method

1. Preheat oven to 160°C/140°C fan/gas mark 3.
2. Roughly chop the nuts and mix with the seeds.
3. Warm the oil and honey, then mix through the dry ingredients.
4. Spread onto a baking tray and bake for 15–20 minutes, stirring halfway.
5. Cool fully, then mix through the sultanas.
6. Serve with Greek-style yoghurt 150g or 300mls milk or milk alternative.

Serve Options:

Serve with milk on one day and with yoghurt on another day. With 6-8 portions, this will provide breakfast for day 6 and leftovers to pair with the snacks or dessert suggestions.

Tip: If you are able to include gluten free oats in your diet, try adding 120g in addition to the nuts and seeds. Maple syrup can also be used instead of honey, depending on personal taste or what you already have in your cupboard.

4 BREAKFAST DAY 4



Boiled Egg and Gluten Free Toast

This protein-rich meal is quick, nutritious and easy to prepare. Keeping your yolk runny also makes it fun for dunking toasted soldiers.

Serves: 2

Prep Time: 2-3 minutes

Cook Time: 4-6 minutes, depending on yolk preference.

Ingredients

4 eggs

4 slices gluten free brown bread*

Margarine or spread

Method

1. Fill a small saucepan with water, enough to be able to cover the eggs. Place on the hob and bring to the boil.
2. Place the eggs gently into the boiling water and set a timer. The more minutes they are boiling the firmer the yolk becomes. For a runny yolk, boil for 4 minutes.
3. Place 4 slices of gluten free brown bread under a medium grill, turning over to toast both sides. Or use a gluten free toaster if you have one (or in toaster pockets if sharing a toaster).
4. Once the toast is done, spread with margarine.
5. Cut the toast into soldiers so they can be used to dunk in the yolk.
6. When the eggs are ready, use a slatted spoon to remove them from the boiling water. Place the eggs into egg cups and onto a plate.
7. Using a teaspoon, knock around the top of the egg, breaking the shell. Lift this section away, exposing the yolk inside.
8. Serve with the toasted soldiers on the side.
9. Add salt and pepper to taste.

* Check Coeliac UK's Food and Drink Information for suitable products

5 BREAKFAST DAY 5



Gluten Free Granola (oat free) with Milk

Use your leftover granola from day 4 to enjoy this deliciously crunchy, wholesome breakfast again.

Serves: 6 (approx.40g portions)

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

150g mixed nuts (budget mix)*
100g sunflower seeds*
40g pumpkin seeds*
30g chia seeds*
60g sultanas
3 tbsps sunflower oil
4 tbsps honey
1 tsp ground cinnamon

* Check Coeliac UK's Food and Drink Information for suitable products

Method

1. Preheat oven to 160°C/140°C fan/gas mark 3.
2. Roughly chop the nuts and mix with the seeds.
3. Warm the oil and honey, then mix through the dry ingredients.
4. Spread onto a baking tray and bake for 15–20 minutes, stirring halfway.
5. Cool fully, then mix through the sultanas.
6. Serve with Greek-style yoghurt 150g or 300mls milk or milk alternative.

Serve Options:

Serve with milk on one day and with yoghurt on another day. With 6-8 portions made on day 4, this will provide enough for day 6 breakfast and leftovers to pair with snacks or dessert suggestions.

Tip: If you are able to include gluten free oats in your diet, try adding in 120g gluten free oats to the nuts and seeds before baking. Maple syrup can also be used instead of honey, depending on personal taste or what you may already have in your cupboard.

6 BREAKFAST DAY 6



Baked Beans on Gluten Free Toast

This comfort dish is a classic. Warming, nutritious, quick and budget-friendly.

Serves: 2 | Prep Time: 1-2 minutes | Cook Time: 2-3 minutes

Ingredients

2 slices gluten free brown bread*

1 x 400g tin baked beans

Margarine or spread

* Check Coeliac UK's Food and Drink Information for suitable products

Method

1. Put two slices of gluten free bread under a medium-heat grill, turning halfway through, or use a gluten free toaster or toaster pockets if sharing a toaster.
2. Open the baked beans and empty into a small saucepan. Place on the hob using a medium heat, for 2-3 minutes, stirring occasionally until thoroughly heated. If using a microwave, pour the beans in a microwavable container and cook for 2 minutes or until thoroughly heated.
3. Once the toast is ready, spread the gluten free toast with margarine.
4. When the beans are fully heated through, pour over the gluten free toast.
5. Add salt and pepper to taste and enjoy!

Tip: If you have any leftover cheese, grate some over the top of the hot beans.

7 BREAKFAST DAY 7



Poached Egg on Gluten Free Toast with Avocado and Tomato

This power-packed meal will keep you going, with the healthy fats in the avocado and protein in the egg.

Serves: 2 | Prep Time: 5 minutes | Cook Time: 3-6 minutes

Ingredients

1 avocado, scooped and mashed
2 tomatoes
2 eggs
2 slices gluten free brown bread*
Margarine or spread
Salt and pepper
1 tbsp white wine or apple cider vinegar for poaching (optional)*

* Check Coeliac UK's Food and Drink Information for suitable products

Method

1. Fill a medium to large saucepan with water and bring to the boil. Reduce the heat to maintain a gentle boil. Add the vinegar (optional).
2. Meanwhile, place the gluten free bread under a grill, turning over to ensure both sides are toasted, or use a gluten free toaster if you have one or toaster pockets if sharing a toaster.
3. Cut the tomatoes into four chunks each and place on two plates ready for serving.
4. Crack the eggs into separate ramekins.
5. Stir the boiling water gently in one direction with a spoon to create a swirl. Remove the spoon, carefully lower the ramekin into the centre of the water and let the egg slide in. Cook for 3–6 minutes, depending on your preferred yolk consistency (3 minutes for runny, 6 for firm).
6. While the eggs are cooking, spread the mashed avocado across the slices of toast and place them ready on the plates along with the tomatoes.
7. When the eggs are ready, use a slatted spoon to remove them from the water. Placing them on some kitchen towel will absorb the excess water. Be careful not to break the yolk!
8. Place an egg on each of the slices of toast and serve. Season with salt and pepper to taste.

1 LUNCH DAY 1

Sweet Jacket Potato with Salad

A comfort food that's not only nourishing but quick and easy to prepare; leaving you time to do other things, whilst the oven does the work for you.

Serves: 2 | Prep Time: 8 minutes | Cook Time: 25 minutes

Ingredients

2 whole sweet potatoes, 350g each
2 handfuls spinach
2 handfuls mixed salad
75g cherry tomatoes, halved
3 tbsps olive oil
100g tinned sweetcorn, drained
20g cheddar cheese, grated
85g tinned butter beans, drained
90g carrot, grated

Method

1. Preheat oven to 200°C/180°C fan/gas mark 6.
2. Make a cross on top of the sweet potato and microwave on high for 8 minutes.
3. Drizzle half of the oil and a pinch of salt on top. Place the sweet potato in the middle of the oven on a baking tray and bake for 15 minutes until crispy.
4. Split the potato open, top with the salad and butter beans, then drizzle with oil and season to taste.

Tip: Empty the leftover butter beans into an airtight container and refrigerate. Use these leftover beans for the tomato, butter bean and mascarpone pasta.

2 LUNCH DAY 2



Tomato Soup with Mascarpone

A chunky soup, with mascarpone to stir through. Optionally add some fresh basil and serve with herby crusty gluten free bread.

Serves: 2 | Prep Time: 2 minutes | Cook Time: 5 minutes

Ingredients

2 portions tomato base sauce (see page 48-49)
300ml water or stock*
80g mascarpone
Basil (optional)
1 gluten free hamburger roll
20g butter
Sprinkle of mixed herbs

* Check Coeliac UK's Food and Drink Information for suitable products

Method

1. Heat the sauce with the stock to make the soup. Season to taste.
2. Cut the gluten free hamburger roll in half, spread with butter or margarine, sprinkle with mixed herbs, and bake for 5 minutes.
3. Serve the chunky soup with a dollop of mascarpone, optional fresh basil and the herb roll.

Tip: You could add a sprinkle of seeds or grated cheese for some extra protein.

3 LUNCH DAY 3

Chicken and Potato Traybake

An easy and satisfying dinner; you can use a selection of vegetables that you may have and mix up herbs and spices to your taste.

Serves: 2 | Prep Time: 15 minutes | Cook Time: 35-40 minutes

Ingredients

4 chicken thighs
300g new potatoes
400g of courgette, aubergines and pepper (or whatever you have)
1 tbsp oil
1 tsp paprika
1 tsp oregano
3 garlic cloves

Method

1. Preheat oven to 190°C/170°C fan/gas mark 5.
1. Toss everything together, place in a baking tray.
2. Roast in the oven for 35-40 minutes or until the chicken is cooked through and vegetables are soft.

4 LUNCH DAY 4



Tomato, Butter Bean and Mascarpone Pasta

A rich, creamy sauce, delicious with the addition of butter beans and spinach.

Serves: 2 | Prep Time: 2 minutes | Cook Time: 10-12 minutes

Ingredients

160g gluten free pasta

2 portions tomato base sauce

150g tinned butter beans (remaining from another recipe)

80g mascarpone

Handful of spinach

Method

1. Cook the gluten free pasta, following the on-pack instructions.
2. Heat the tomato sauce with the butter beans. Add the spinach to wilt and then stir in the mascarpone. Season to taste.
3. Add the pasta to the sauce and stir to coat. Serve hot.

Tip: Can be eaten hot, or cold on the go!

5 LUNCH DAY 5



Tomato Soup with Cheese Croutons

Smooth and comforting, this soup paired with fresh, crunchy croutons makes a hearty meal that's quick to prepare.

Serves: 2 | Prep Time: 2 minutes | Cook Time: 5 minutes

Ingredients

2 portions tomato base sauce
300ml stock*
2 slices gluten free brown bread
80g cheddar, grated
1 tbsp oil

* Check Coeliac UK's Food and Drink Information for suitable products

Method

1. Heat the sauce with the stock to make the soup. Season to taste. Blend until smooth.
2. Cube the gluten free bread into croutons, and spray or drizzle with a little oil. Oven bake at 180°C/160°C fan, gas mark 4, for four minutes.
3. Serve the croutons on top of the soup with grated cheese.

6 LUNCH DAY 6



Bean Ratatouille

With the rich tomato flavour and chunks of vegetables and beans, this hearty dish will leave you satisfied.

Serves: 2 | Prep Time: 5 minutes | Cook Time: 20 minutes

Ingredients

1 tbsp olive oil

½ red onion, finely diced

½ garlic clove, finely chopped

150g mixed diced vegetables of your choice, e.g. peppers, aubergine, courgettes

½ tsp dried basil

Sea salt and black pepper

1 x 400g tinned tomatoes

1 x 400g tinned cannellini beans, drained

80g grated cheese

Method

1. In a large frying pan, heat the oil and add the red onion and garlic. Fry for 5 minutes.
2. Add the vegetables, dried basil, and some salt and pepper. Fry for 10 minutes, until the vegetables are softened and tender.
3. Add the tinned tomatoes and cannellini beans. Simmer for 5 minutes, and season to taste.
4. Serve topped with grated cheese.

Tip: We used cannellini beans, but it works just as well with any tinned beans. You could even top with cheese and bake or just serve with cheese on the side.

7 LUNCH DAY 7

Chestnut Mushroom & Spinach Curry

Try our Gluten Free On A Budget take on our Mushroom and Spinach Curry. A quick, warming and nutritious meal, making the most of your weekly ingredients.

Serves: 2 | Prep Time: 10 minutes | Cook Time: 20 minutes

Ingredients

2 tbsp vegetable oil
300g chestnut mushrooms
300g frozen spinach
1/2 tin of green lentils*, drained
1 x 400g tinned chickpeas, drained
250g pouch microwave rice
50ml double cream

Curry sauce

2 portions (200g) tomato base sauce
1 tbsp fresh root ginger, peeled and finely grated
2 tbsp curry powder
1 tbsp caster sugar
1 x 400g tinned tomatoes
Salt and pepper to taste

* Check Coeliac UK's Food and Drink Information for suitable products

Method

1. Heat the oil in a non-stick frying pan and gently fry the mushrooms for 5 minutes.
2. Add the ginger and curry powder and cook for a further minute, stirring constantly.
3. Add the sugar, tinned tomatoes, frozen spinach and tomato base sauce, mixing thoroughly and bring to a simmer.
4. Stir in the lentils and chickpeas with the double cream and simmer for another 10 minutes.
5. Season to taste with salt and pepper.
6. Serve the curry with a drizzle of cream on top alongside the microwave rice.

Tip: Freeze any leftovers to enjoy another time.

Gluten Free Toad in the Hole

This traditional British dinner is a classic! Use any leftover vegetables you have as a side, for a versatile, wholesome meal.

Serves: 2 | Prep Time: 15 minutes | Cook Time: 35-40 minutes

Ingredients

75g plain gluten free flour*
25g cornflour
¼ tsp salt
2 eggs
100ml semi-skimmed milk
1½ tbsp sunflower oil
4 gluten free sausages* of your choice
½ red onion, peeled and cut into 4 wedges
140ml water
9g gluten free gravy granules*
½ tsp wholegrain mustard*

* Check Coeliac UK's Food and Drink Information for suitable products.

Method

1. Heat the oven to 220°C/200°C fan, gas 7.
2. To make the batter, place the flours into a bowl with salt, make a well in the middle and crack the eggs into it. Add the milk, whisk to form your batter. Leave to rest.
3. Put the oil in a small roasting tin and place the tin in the oven to heat. Add the sausages and red onion wedges and bake for 10 minutes until browned.
4. Carefully remove the tin from the oven, pour in the batter, then return to the top shelf of the oven and cook for 25-30 minutes until risen and golden.
5. While it's cooking, make your gravy. Bring the water to the boil, whisk in the gravy granules and add the mustard.

Tip: Swap the pork sausages for vegetarian sausages, or try chipolatas instead*. We suggest using 6 chipolatas for 2 people.

2 DINNER DAY 2

Green Lentil and Halloumi Salad

Green lentils are great in a salad and this recipe is tasty, versatile and nutritious. The lentils provide a great source of iron and fibre and the cheese is a great source of calcium.

Serves: 2 | Prep Time: 15 minutes | Cook Time: 30 minutes

Ingredients

50g tinned green lentils (remaining from another recipe)
3 tbsp olive oil
½ vegetable stock cube*
½ tbsp finely chopped red onion
1 finely chopped garlic clove
1 tbsp chopped parsley
½ tsp balsamic vinegar
2 handfuls rocket leaves
2 tbsps semi-sun-dried-tomatoes (optional)
75g halloumi cheese
200g boiled new potatoes (side dish)

* Check Coeliac UK's Food and Drink Information for suitable products.

Method

1. Place the lentils in a saucepan along with the vegetable stock cube and cover with boiling water by 2cm. Stir the lentils to dissolve the stock cube.
2. Bring to the boil, removing any foam from the surface, then simmer slowly for 20 minutes or until cooked.
3. Meanwhile place the new potatoes in a small pan of boiling water and cook for approximately 15 to 20 minutes depending on the size of the potatoes.
4. Pour half of the oil into a frying pan with the red onion and garlic and cook until soft.
5. Toss the lentils with the remaining olive oil, parsley, balsamic vinegar and the onion and garlic from the pan (also pouring in the oil used in the pan) and allow to cool.
6. Slice the halloumi and cook in a frying pan or griddle pan for 3 minutes on each side.
7. When the lentils are cool, combine with the rocket leaves, semi-sun-dried tomatoes and toss well. Top with the halloumi and season to taste.

3 DINNER DAY 3



Gluten Free and Yeast Free Pizza

Enjoy delicious homemade pizzas with this quick and easy no prove dough.

Serves: 2 | Prep Time: 10 minutes | Cook Time: 15 minutes

Ingredients

250g Greek-style yoghurt
2 tbsps honey
250g gluten free plain flour*
1 tsp gluten free baking powder*
½ tsp xanthan gum
½ tsp salt
150g tomato base sauce (see page 48-49)
60g grated mozzarella
4 slices prosciutto ham (optional)
20g rocket (optional)

* Check Coeliac UK's Food and Drink Information for suitable products.

Method

1. Mix the yoghurt, honey, gluten free plain flour, gluten free baking powder, xanthan gum and salt to form a dough. Split into two portions.
2. Cut two pieces of baking parchment 30cm x 30cm and place one portion of dough in the middle. Roll out between the paper until you get your desired thickness. A suggested thickness would be about 5mm, as a guide. Repeat for the second portion of dough.
3. Preheat the oven to 200°C/180°C fan, gas mark 6.
4. Split the tomato base sauce across the two pizza bases, then add the grated cheese. Bake for 15 minutes or until the dough is cooked through and the cheese is bubbling.
5. Serve with the optional prosciutto ham and rocket.

Tip: If you prefer a smooth pizza sauce, blend the tomato base sauce first.

4 DINNER DAY 4



Budget Fish and Chips

Basa is a delicious white flaky fish that's budget-friendly. We've oven-baked both the fish and chips for an easier take on this classic dish. Serve with crushed peas on the side for a delicious, wholesome meal.

Serves: 2 | Prep Time: 15 minutes | Cook Time: 30 minutes

Ingredients

350g baking potatoes
2 x 125g frozen Basa fish fillets
2 tbsps cornflour
1 egg
40g gluten free breadcrumbs*
1 tbsp oil
160g fozen peas
Salt and vinegar* to taste

* Check Coeliac UK's Food and Drink Information for suitable products.

Method

1. Cut the potatoes into chips and pop them into water while you prepare the fish.
2. Using three plates, place the cornflour on one, beat the egg and pour it onto the second, and place the gluten-free breadcrumbs on the third.
3. Place the fish in the cornflour, shake off any excess, then dip into the beaten egg, followed by the breadcrumbs. Repeat for both pieces of fish, place on a tray and spray with oil.
4. Drain and pat dry the chips, then spray with oil and roast in a hot oven at 190°C/170°C fan/gas mark 5 for 15 minutes. Shake the chips to ensure they cook evenly, then add the fish to the oven tray and bake everything for a further 15 minutes.
5. Boil the peas for 4 minutes, drain and crush, and serve on the side.

Tip: Remember to defrost the fish before preparing it with the breadcrumbs by placing it in the fridge the night before.

5 DINNER DAY 5



Turkey Burgers and Sweet Potato Chips

Flavoured with mustard, sun-dried tomatoes and basil, this turkey burger is bursting with taste. Topped with a little mozzarella, it has a delicious Italian-inspired twist.

Serves: 2 | Prep Time: 15 minutes | Cook Time: 30 minutes

Ingredients

250g turkey mince
1 tsp wholegrain mustard*
25g sun-dried tomatoes
½ tsp dried basil
1 large sweet potato (400g)
1 tbsp oil
40g grated mozzarella
2 gluten free hamburger rolls
30g lettuce
½ tomato, sliced
¼ red onion, sliced

* Check Coeliac UK's Food and Drink Information for suitable products.

Method

1. Mix the turkey mince, mustard, sun-dried tomatoes and dried basil together. Divide in half and shape into burgers.
2. Cut the sweet potato into chips and cover with half of the oil. Roast in a hot oven at 200°C/180°C fan/gas mark 6 for 10 minutes. Shake the chips to ensure they cook evenly, then cook for a further 5-10 minutes, or until golden and soft
3. While the sweet potato chips are cooking, pan-fry the turkey burgers in the remaining oil until golden and cooked through. Add the mozzarella on top of the burgers to melt.
4. To build the burger, warm the gluten free hamburger roll, then cut it in half. Add the lettuce, tomato and burger, and serve with the sweet potato chips.

Tip: Leave the skin on the sweet potato for an extra boost of fibre.

6 DINNER DAY 6



Salmon and Pea Fishcakes

These easy to prepare fishcakes, are a simple way to turn everyday ingredients into a delicious healthy meal.

Serves: 2 | Prep Time: 15 minutes | Cook Time: 30 minutes

Ingredients

212g tin of pink or red salmon, drained, or 260g leftover cooked boneless salmon fillets

150g new potatoes in their skins, cooked and cold

30g frozen peas, cooked and cold

1 tbsp fresh parsley, chopped

2 tbsp fresh mint, chopped

1 egg beaten

50g gluten free breadcrumbs*

2 tbsps vegetable oil

Salt

Freshly ground pepper

* Check Coeliac UK's Food and Drink Information for suitable products.

Method

1. Mash the potatoes and peas together with a fork in a large bowl.
2. In a separate bowl, break the salmon into bite-sized pieces using a fork and then add to the potato and pea mixture.
3. Mix in the chopped parsley and mint and season with salt and pepper. Stir all the ingredients together until well mixed.
4. Using your hands, divide the mixture into 4 balls and shape into flat, round fishcakes. These can be cooked straightaway or made ahead of time and then placed on a plate, covered with cling film and chilled in the fridge until needed.
5. Tip the beaten egg into a large shallow dish. Place the gluten free breadcrumbs in a separate shallow dish.
6. Take each fishcake and dip in the egg and then transfer to the gluten free breadcrumbs, making sure they are well covered.
7. In a large frying pan, heat the oil over a medium heat. Add the 4 fishcakes and fry for around 5 minutes on each side until they are golden brown and hot in the middle.
8. Serve the fishcakes with vegetables of your choice.

7 DINNER DAY 7



Tomato Base Sauce

With a little planning, cooking from scratch with everyday ingredients and store cupboard staples can help you enjoy fresh, nutritious and tasty meals while making the most of your budget.

This is a brilliant budget-friendly sauce that makes 10 portions and can be used as a base for a variety of recipes. We've pictured it here with a simple bowl of gluten free pasta. The sauce will keep in the fridge for up to 3 days, and any leftovers can be frozen.

This efficient way of cooking is also a great time-saver, meaning great home cooking, with less standing in the kitchen.

You can never go wrong with this versatile homemade tomato base sauce. Use on its own with gluten free pasta, as a gluten free pizza topping, or as a base for stews, chillies or casseroles.

Serves: 10 | Prep Time: 10 minutes | Cook Time: 20 minutes

Ingredients

2 tbsps oil

2 red onions, chopped or 2 onions of choice, chopped

4 garlic cloves, crushed

2 tbsp tomato purée

400ml water

1 gluten free vegetable stock cube*

2 x 400g tinned chopped tomatoes

1 tsp dried oregano

* Check Coeliac UK's Food and Drink Information for suitable products.

Method

1. Heat the oil in a large saucepan. Add the onions and cook for 4-5 minutes on a low heat until soft.
2. Add the garlic and tomato purée. Cook for a few minutes then add the vegetable stock cube, water, chopped tomatoes and oregano. Season generously and gently simmer on a low heat for 20 minutes.
3. Use the sauce hot or chill it and use from the fridge for up to three days. Alternatively freeze it for up to three months. This sauce is great frozen into individual portions so it's easy to use for single servings.

To see how we have used this tomato base sauce see pages:

Tomato soup with mascarpone, **Pages 24-25**

Tomato, Butterbean and mascarpone pasta, **Pages 28-29**

Tomato soup with Cheese Croutons, **Pages 30-31**

Chestnut Mushroom and Spinach curry with chickpea, **Pages 34-35**

Gluten free & Yeast Free Pizza, **Pages 40-41**



Fakeaway Chicken Gyros

An easy and tasty chicken kebab you can recreate at home.

Serves: 2

Prep Time: 15 minutes plus 30 minutes to marinade

Cook Time: 20 minutes

Ingredients

For the chicken
2 chicken thighs (boneless, skinless)
2 tbsps Greek-style yoghurt
1 tbsp olive oil
2 garlic cloves, minced
1 tsp smoked paprika
1 tsp dried oregano
½ tsp ground cumin
½ tsp ground coriander
Zest of ½ lemon
Juice of ½ lemon
Salt and black pepper

For the tzatziki
50g Greek-style yoghurt
20g cucumber, grated & squeezed dry
1 garlic clove, minced
Juice of ½ lemon
5g mint (optional)
Salt and black pepper

To serve
2 gluten free flatbreads
20g shredded lettuce
½ tomato, sliced
20g cucumber, diced
¼ red onion, finely sliced

Method

1. To marinate the chicken, mix everything together and coat the chicken well. Leave for at least 30 minutes.
2. Pan-fry or grill the chicken on a medium-high heat for 6–8 minutes per side until nicely charred and cooked through. Rest the chicken for a few minutes, then slice thinly.
3. To make the tzatziki, mix everything together and season well.
4. To build your gyros, warm 2 gluten free flatbreads, and top with lettuce, tomato, and onions. Spoon over the tzatziki generously, and top with the cooked chicken.



Coconut and Banana Froyo with Sesame and Cinnamon Chips

With the ‘Holiday’ flavour combination, this sweet and delicious dessert is a real treat, that also makes the most of ingredients left over from the week.

Serves: 2

Prep Time: 10 minutes, plus 30 minutes to freeze

Cook Time: 12 minutes

Ingredients

For the Froyo

1 banana

1 tsp lemon juice

1 tbsp honey

150ml coconut yoghurt

Sprinkle of black sesame seeds (optional)

Sesame and Cinnamon Chips

1 gluten free flatbread (left in the packet from the Gyros recipe)

Oil of your choice

½ tsp cinnamon

1 tsp caster sugar

1 tsp of black sesame seeds (optional)

Method

1. Into a bowl, chop the the banana and sprinkle with lemon juice. Reserve a few banana pieces for decoration. Add the honey and coconut yoghurt, and stir to combine. Divide between two ramekins and pop into the freezer to chill for 30 minutes.
2. Preheat oven to 160°C/140°C fan/gas mark 3.
3. Warm the flatbread in the oven, then split into 2 halves. Coat with oil, then mix the cinnamon, caster sugar and sesame seeds together and sprinkle over both sides of the flatbread. Cut each half into 6 pieces and place on an oven tray to bake for 10-12 minutes or until golden’.
4. Serve the frozen yoghurt, topped with reserved chopped banana and optional black sesame, and serve with the sesame and cinnamon chips on the side.

Tip: The flatbread works really well as a sweet chip. They can be stored in an airtight container if you don’t want to eat them all at once.



Are you looking for more advice on living with coeliac disease and managing your gluten free diet?

A Coeliac UK membership could be for you. It connects you with a vibrant community of people who understand what it means to live gluten free. It unlocks access to a range of expert resources and tools so you can make confident gluten free choices when and wherever you need. It also gives you the opportunity to shape the future of Coeliac UK and empower everyone affected by coeliac disease.

With thanks to the nationwide

Make quick and confident food choices when shopping for gluten free products.

Search from over 185,000 different products using our website or App to find the product that is suitable for your gluten free diet.

Find peace of mind when searching for a place to dine out gluten free.

The Coeliac UK Venue Guide is packed full of venues that hold a Gluten Free accreditation meaning you can feel confident they understand your needs.

Discover the facts about the gluten free diet, so you can make confident food choices.

Whether you are newly diagnosed or have been living gluten free for longer, our team of expert dietitians are here to help you with advice that you can trust.

Get confident with your gluten free cooking.

Cooking gluten free for the first time? Looking for fresh gluten free recipe ideas?

Get confident in the kitchen with access to thousands of delicious gluten free recipes for any moment of the day.

Living gluten free can feel easier when you're connected to people who understand.

Meet and connect with others in the gluten free community and get early announcements about Coeliac UK events, including Gluten Free Food Markets.

Are you supporting a young person living with coeliac disease?

Discover the tools and resources to help your young person confidently manage their gluten free diet at school, at home, or at a social event.

Find out more on our website, **coeliac.org.uk/membership** or scan the QR code.

Together we're building a future where no one's life is limited by coeliac disease

We do not want the membership fee to be a barrier, particularly if you are experiencing financial hardship, therefore if there are challenges regarding the cost of membership please contact our membership team.

Scan the QR Code to discover how a Coeliac UK membership can support you, or visit **coeliac.org.uk/membership.**

coeliac uk

Coeliac UK, Artisan,
Hillbottom Road,
High Wycombe,
HP12 4HJ

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☎ 0333 332 2033
@ generalenquiries@coeliac.org.uk
@ dietitian@coeliac.org.uk

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