Sample

Breakfast

Crepes

Recipe List

- 115g gluten-free plain (all-purpose) flour
- 2 large eggs
- 235ml milk

Cooking Instructions

- Add flour, eggs and milk to blender and mix for 1 minute
- Pour batter into a measuring jug when finished
- Heat a pan on medium heat and add 1 tsp butter spreading it around the pan
- When heated pour into centre of pan and tilt the pan to spread it around into crepe shape
- Cook for around 1 min then flip for another 1 min
- Repeat using 1 tsp of butter for each crepe
- Serve with topping of your choice - jam, Nutella, lemon and sugar, strawberry, banana etc

Lunch

Quick Tuna Fish Cakes

SERVES 1

10 MINS

Recipe List

- 1 small can of tuna drained
- 1 egg beaten
- 1 tbsp mayonnaise
- 2 tbsp parmesan cheese
- 1 ½ tbsp flax meal
- 2 tbsp almond flour
- ¼ tsp garlic powder
- ¼ tsp onion powder
- Pinch of salt
- Aioli sauce or dip of your choice

Cooking Instructions

- In a large mixing bowl mix and mash all the ingredients well
- Heat 2-3 tbsp of oil in a pan on medium heat until heated fully
- Place multiple generously heaped tbsps. Of them mixture onto the pan
- Shape into round fish cakes and flatten with spatula
- Cook for 2-3 mins on each side until browned and crisp
- Don’t flip until the sides form a brown crust
- When fully cooked through place on plate with paper towel to remove any excess oil
- Serve with Aioli sauce or dip of your choice


Starter
Chicken Tenders

Recipe List

- Canola oil for frying
- Buttermilk Marinade
- 2 lbs chicken tenderloins
- 1 cup buttermilk
- 2 teaspoons hot sauce
- ½ tsp salt
- ½ tsp ground black pepper

Breading Ingredients

- 2 lbs chicken tenderloins
- 1 ½ cups gluten-free flour
- ½ cup cornstarch
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- ½ tablespoon paprika
- ½ tablespoon garlic powder
- 1 teaspoon baking powder

Cooking Instructions

- Mix together the buttermilk in a large measuring cup
- Cut chicken into evenly sized pieces for tenders
- Place the chicken tenders in a baking dish or large bowl
- Pour the buttermilk mixture over the chicken tenders
- Cover and marinate in the refrigerator for at least one hour, or up to overnight
- Preheat 2 inches of canola oil in a heavy bottomed pot until it reaches 350F
- Whisk flour, cornstarch, salt, black pepper, paprika, garlic powder, baking powder.
- Place in a shallow bowl or baking dish
- Work in batches of maximum 3-4 chicken tenders at a time or they will not cook evenly
- Remove the chicken from the buttermilk
- Tap off any excess buttermilk
- Place in the flour mixture
- Flip over and cover completely
- Carefully place in the hot oil
- Cook for about 4 minutes, then flip over
- Cook for 4-5 more minutes, until golden brown and cooked through
- Carefully remove from the oil and place on a baking sheet
- Continue with remaining chicken.
- Serve immediately

Main Course

Katsu Curry

Recipe List

- 1 tbsp cornflour
- 8 chicken mini fillets
- 200g gf breadcrumbs (or make with our recipe)
- 4 tbsp rapeseed oil or vegetable oil
- 2 x 200g pouches cooked basmati rice
- ½ large cucumber, peeled into ribbons
- handful mint leaves or coriander leaves, or both
- lime wedges, to serve
- **Curry Sauce Recipe**
- tbsp rapeseed oil or vegetable oil
- onions, chopped
- large carrots, chopped, plus 1 peeled into ribbons
- garlic cloves, crushed
- thumb-sized piece ginger, peeled and grated or finely chopped
- 1 tbsp curry powder, mild or medium depending on your spice tolerance
- ½ tsp ground turmeric
- 400ml can coconut milk
- 2 tsp maple syrup

Cooking Instructions

- Heat 1 tbsp oil in a pan
- Cook onions and carrots until the onions go soft starting to caramelise around 8 mins
- Add garlic, ginger and sizzle for another 30 secs
- Stir in the curry powder and turmeric.
- When spices are warm through, add coconut milk, maple syrup and 100ml water.
- Season well, cover and simmer over a low heat for 20 mins.
- In a wide bowl, mix the cornflour with 4 tbsp water and some seasoning.
- Dip the chicken into the flour mixture
- Place the breadcrumbs in another bowl and dip the chicken in it turning until well coated.
- When onions and carrots in curry sauce are soft blitz using a hand or table-top blender.
- If the sauce is too thick, add a little more water
- Check the seasoning, adding more salt, maple syrup or some lime juice, if you like.
- Keep warm.
- Heat oil in pan and cook chicken for 4-5 mins each side until golden and cooked through.
- Warm the rice and divide between bowls cover with the curry sauce and katsu chicken
- Serve with the cucumber, carrot ribbons, herbs and lime wedges.

Dessert
Chocolate Brownie

SERVES 12

60 MINS

Recipe List

- 250g unsalted butter, cubed, plus extra for the tin
- 250g dark chocolate, roughly chopped
- 4 large eggs
- 300g golden caster sugar
- ½ tsp vanilla extract or paste
- 100g gluten-free plain flour, sieved
- 60g cocoa powder
- ½ tsp fine sea salt
- 150g milk chocolate, roughly cut into chunks
- Vanilla ice cream

Cooking Instructions

- Heat oven to 180C/160C fan/gas 4.
- Butter a non-stick tin with butter and line the base with non-stick baking parchment.
- Fill a small saucepan a third full with water
- Bring to a simmer and put a snug-fitting heatproof bowl on top of it.
- Add the butter and chocolate and gently melt over a low heat stirring occasionally.
- Be careful not to let it catch and burn on the bottom.
- Remove from the heat and leave to cool a little.
- Beat eggs and sugar together using electric whisk for 8-10 mins
- Gently fold through the cooled melted chocolate and vanilla
- Followed by the flour, cocoa and salt.
- Finally, fold through the chocolate chunks.
- Pour the brownie batter into the lined tin
- Place in the centre of the oven and
- bake for 30-35 mins.
- Leave to cool a little in the tin before cutting into 12 squares.