

Mini Quiche

Ingredients (pastry):

115g gluten free plain flour

50g butter, diced

Pinch salt

Ingredients (filling):

4 rashers veggie bacon

50g cheddar cheese

1 medium egg

60ml double cream

Method for pastry:

1. In a bowl, sift the plain flour and salt.
2. Add the diced butter and using your fingertips, rub together to make breadcrumbs
3. Add 1-2 tbsp cold water and mix to form a dough
4. Knead briefly on a floured surface before covering with cling film and refrigerating
5. Clean your surfaces and wash up while the pastry gets cold
6. Roll the pastry out on a lightly floured surface – the depth of a coin
7. Using a round cutter, cut circles of pastry 1cm bigger than the tin. Lightly press them into the tin, prick with a fork and put back in the fridge while you prepare the filling

Method for filling:

1. Preheat the oven to 200°C/gas 6
2. Fry the bacon until crisp and leave to cool before cutting into 1cm cubes
3. Bake the pastry for 10 minutes without the filling and then divide the cheese and bacon evenly between the cases
4. Whisk the egg and cream together and season with salt and pepper.
5. Poor evenly over the filling and bake for 20 minutes.
6. Once golden brown and set in the middle, remove from oven and leave to cool.

Turkey Burgers

Ingredients:

1 small sweet potato

150g black beans

½ red onion

1 clove garlic

½ carrot

1 tsp oregano

1tsp paprika

70g broccoli

1 egg

Method:

1. Preheat the oven to 220C/gas 6
2. Cut the sweet potato into wedges and cover with a little olive oil before roasting for 30 minutes
3. Dice the onion and grate the apple and place in a bowl with the beans, oregano, paprika, salt and pepper
4. Mix together with a little of the egg to form a ball
5. Shape into a burger and place on a lined baking sheet.
6. With the sweet potatoes still in the oven, turn down the heat to 180C/gas 4 and bake the burger for 20-25 minutes, flipping half way
7. Steam the broccoli for 4 minutes until slightly soft and serve.

Bread Rolls

Ingredients:

200g gluten free self raising flour

1 tsp spoon salt

50ml warm water

1 tbsp spoon oil

150 ml yoghurt

Method:

1. Heat the grill to medium and dust a baking sheet with flour
2. Mix the flour and salt in a down and add the yoghurt and water to form a dough
3. Split the dough into 4 and roll into circles or ovals (around 1/2cm thick)
4. Grill for 3-5 minutes on each side until golden and puffed

Cheese and onion pasties

Ingredients:

½ 500g block GF puff pastry
115g mature cheddar cheese
45ml double cream
1 white potato
1 small white onion
1tbsp butter
1tsp mustard
1 egg

Method:

1. Peel the potato and onion and dice into 1cm cubes
2. Fry of the potato in a little oil. Once soft, add the onion and fry for another 2-3 minutes
3. Put potato and onion into a bowl to cool, adding grated cheese, cream, mustard and salt and pepper
4. Roll out pastry and cut into 4 equal rectangles.
5. Split the filling into 4 and place on one side of the pastry, making sure to leave an edge.
6. Brush the edges with egg and fold the pastry over the filling to make a parcel. Using a fork, crimp the edges and poke a steam hole in the top.
7. Glaze with egg and bake for 15-20 minutes, until golden brown and crisp

Fruit Crumble – bring a small ovenproof dish to bake in

Ingredients (topping):

60g GF plain flour

30g sugar

30g unsalted butter, cubed

Ingredients (filling):

150g apple

15g butter

15g sugar

60g berries

Method:

1. Preheat the oven to 190C/gas 5
2. In a bowl, combine the plain flour and sugar. Using your fingertips, rub in the cubed butter until you form breadcrumbs. Do not over mix
3. Peel and chop the apple into 2cm cubes
4. Put the butter and sugar into a pan and melt over a medium heat. Add the apples and berries and cook for 3-5 minutes, until the apples are softened
5. Pour the apple mixture into your ovenproof dish and cover with a layer of your crumble topping
6. Bake for 10-15 minutes until golden brown and bubbling.
7. Remove from oven and cool on wire rack

Paella

Ingredients:

1 small onion

1tsp paprika

1tsp mixed herbs

150g long grain rice

½ can chopped tomatoes

1 clove garlic

1 veggie stock cube – to make 450ml stock

1 quorn fillet (or chicken alternative)

50g veggie chorizo sausage

75g frozen peas

Method:

1. Cut the chicken breast 2cm cubes and the chorizo into rounds. Fry in a little oil until cooked. Remove from pan for use later
2. Dice onion and fry on a low heat until softened and translucent. Add the rice and dry for 1 min
3. Add the chopped tomatoes and 450ml stock, paprika, herbs, salt and pepper and simmer for 15 minutes, stirring occasionally
4. Once rice is almost cooked and there is still liquid in the pan, add in the chicken, chorizo and frozen peas and cook for 5 minutes.
5. Remove from the heat before rice is dry to absorb the rest of the liquid

