

GF Gluten Free & Dairy Free DF

All of our dairy free and gluten free products are listed in this handy table. Please ask in-store if you need further information. Very occasionally we may change a recipe. Please check labels for the most up-to-date information. Correct as of August 2023.

Love Eating Well

Classic COOK recipes containing fewer than 600 calories and under a third of an adult's daily Reference Intake of fat, saturated fat, sugar and salt.

	Calories per portion	
	cal	RI
Chilli con Veggie	202	10%
Red Lentil & Mixed Bean Casserole	218	11%
Spiced Cauliflower & Aubergine Shakshuka	223	11%
Beef Bourguignon	259	13%
Lamb Casserole with New Potatoes	261	13%
Mexican Three Bean Chilli	300	15%
Moroccan Lamb Tagine	307	15%
Chilli con Carne	314	16%
Moroccan Harissa Chicken	327	16%
Lamb Hotpot	328	16%
Spanish Bean Stew with Peppers & Kale	332	17%
Vegetable & Chickpea Tagine	355	18%
Veggie Bolognese	367	18%
Meatballs in a Rustic Tomato Sauce	375	19%
Sweet Potato Katsu Curry	389	19%
Spaghetti Bolognese	491	25%

Nutrition correct as of August 2023. As always, the label on the back of pack is most accurate.

POTS FOR ONE

Singapore Noodles	GF	DF
Prawns with Chorizo and Lentils	GF	DF
Sweet Potato & Aubergine	GF	DF
Sri Lankan Curry		
Green Thai Chicken Noodles	GF	DF
Lemon & Herb Chicken	GF	DF
Sticky Soy & Ginger Beef	GF	DF
Keralan Chicken Curry	GF	DF
Chicken Pad Thai	GF	DF
Mexican Black Bean & Mushroom Chilli	GF	DF
Teriyaki Chicken Noodles		DF
Chicken Noodle Laksa	GF	DF
Sticky Veg Satay	GF	DF

Visit cookfood.net/loveeatingwell for more information

BEEF

Beef Bourguignon	GF	DF
Chilli con Carne	GF	
Cottage Pie	GF	

LAMB

Lamb Casserole with New Potatoes		DF
Lamb Hotpot		DF
Moroccan Spiced Lamb Tagine	GF	DF
Shepherd's Pie	GF	
Slow-Cooked Lamb Shanks	GF	DF
Garlic & Herb Crusted Rack of Lamb		DF

PORK

Rosemary & Sage Porchetta	GF	DF
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CHICKEN

Creamy Chicken with Mushrooms & Bacon	GF	
Chicken Dijon	GF	
Tomato & Mascarpone Chicken	GF	
Honey & Ginger Chicken	GF	DF
Chicken, Pea & Bacon Risotto	GF	
Basil & Mascarpone Chicken	GF	
Moroccan Harissa Chicken	GF	
Roasted Chicken Breasts in a Port & Merlot Jus	GF	DF

FISH

Salmon, Horseradish & Spinach Stacks	GF	
Smoked Haddock & Leek Risotto	GF	
Kiln-Roasted Salmon Frittata	GF	
Garlic Butter Prawns with Lemon & Dill	GF	

VEGGIE

Chilli con Veggie	GF	
Portobello Mushroom Risotto	GF	
Tomato, Basil & Mozzarella Risotto	GF	
Veggie Cottage Pie	GF	

VEGAN

Roasted Vegetable Tarte Tatins		DF
Sweet Potato Katsu Curry	GF	DF
Wild Mushroom & Aubergine Lasagne		DF
Mexican Three Bean Chilli	GF	DF
Red Lentil & Mixed Bean Casserole	GF	DF
Spiced Cauliflower & Aubergine Shakshuka	GF	DF
Spanish Bean Stew with Peppers & Kale	GF	DF
Vegetable & Chickpea Tagine	GF	DF
Shepherdless Pie	GF	DF
Butternut Squash & Red Onion Galette		DF

DUCK

Duck & Plum Filo Parcels		DF
Roast Duck With Apple & Wild Boar Stuffing		DF

ENTERTAINING

Honey Roast Ham		DF
Side of Salmon with Lemon & Dill	GF	DF
Smoked Salmon Terrine	GF	
Chicken Liver Pâté / Roast Salmon Pâté	GF	
Mini Thai Fishcakes Canapés	GF	DF
Satay Chicken Bites		DF
Tomato & Pine Nut Tarte Tatins		DF
Roasted Vegetable Tarte Tatins		DF
Duck & Plum Filo Parcels		DF
Salmon, Horseradish & Spinach Stacks	GF	

SIDES

Creamed Spinach	GF	
Braised Red Cabbage	GF	
Dauphinoise Potatoes	GF	
Creamy Mash	GF	
Minted Couscous		DF
Peas & Leeks with a Lemon Herb Butter	GF	
Trio of Greens	GF	DF

COOK FOR KIDS

Chicken Dinosaur Pie		DF
Chicken Paella	GF	DF
Fish Pie	GF	
Chicken Tikka & Rice	GF	
Cottage Pie	GF	
Pasta Bolognese		DF
Sausage Casserole		DF

PUDDINGS

Chocolate Roulade	GF	
Chocolate & Raspberry Roulade	GF	
Espresso Martini Pavlova	GF	
Raspberry Pavlova	GF	
Chocolate & Salted Caramel Pavlova	GF	
Fruit Vacherin	GF	
Apricot & Orange Almond Torte	GF	DF
Gin & Tonic Semifreddo	GF	
Red Berry Mousse	GF	
Chocolate & Almond Torte	GF	
Winter Pudding		DF
Gluten-Free Belgian Chocolate Brownie	GF	
Chocolate & Hazelnut Meringue Parfait	GF	
Farmhouse Flapjack		DF
Mince Pies & Mini Mince Pies		DF

INDIAN MAINS

Keralan Prawn & Mango Curry	GF	DF
Aubergine, Spinach & Paneer Curry	GF	
Chicken Korma	GF	
Chicken Tikka Masala	GF	
Chicken Jalfrezi	GF	
Garlic Chicken Curry	GF	
Butter Chicken Curry	GF	
Beef Madras	GF	
Lamb Dupiaza	GF	
Prawn Karahi	GF	
Vegetable Korma	GF	
Roasted Vegetable & Chickpea Curry	GF	DF
Lamb Kofta Dhal Curry		DF

INDIAN SIDES

Bombay Potatoes	GF	DF
Saag Paneer	GF	
Chana Masala	GF	
Tarka Dhal	GF	DF
Plain Basmati Rice	GF	DF
Peas Pilau	GF	DF
Plain Naan		DF
Garlic & Coriander Naan		DF
Chicken Samosas		DF
Onion Bhajis	GF	DF

THAI MAINS

Lime & Coconut Chicken	GF	DF
Green Thai Chicken Curry	GF	DF
Red Thai Chicken Curry	GF	DF
Green Thai Vegetable Curry	GF	DF
Chicken Satay		DF
Chicken Panang Curry	GF	DF
Yellow Vegetable Curry		DF
Beef Massaman Curry	GF	DF
Drunken Noodles with King Prawns		DF
Yellow Thai Prawn Curry	GF	DF
Red Thai Duck Curry	GF	DF
Crispy Roast Half Duck		DF
Thai Basil Chicken	GF	DF
Hoisin Duck Noodles		DF
Thai Steamed Sea Bass	GF	DF

THAI SIDES

Coconut & Lime Leaf Rice	GF	DF
Vegetable Spring Rolls		DF
Plain Basmati Rice	GF	DF