



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 November 2018.

MAINS

LAMB

Lamb Casserole with New Potatoes	DF
Moroccan Spiced Lamb Tagine	GF DF
Shepherd's Pie	GF
Slow-Cooked Lamb Shanks	GF DF

FISH

Smoked Haddock & Leek Risotto	GF
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VEGETARIAN

Chilli con Veggie	GF
Red Lentil & Mixed Bean Casserole	GF DF
Two Bean Chilli with Sweet Potato & Brown Rice	GF DF
Mushroom Spaghetti Bolognese	DF
Spiced Cauliflower & Aubergine Shakshuka	GF DF
Portobello Mushroom Risotto	GF
Spanish Bean Stew with Peppers & Kale	GF DF
Vegetable & Chickpea Tagine	GF DF
Butternut Squash & Goat's Cheese Risotto	GF

BEEF

Pulled Beef Chilli	GF DF
Beef Bourguignon	DF
Chilli con Carne	GF
Cottage Pie	GF

CHICKEN

Coq au Riesling	GF
Basil & Mascarpone Chicken	GF
Huntsman's Chicken	GF
Moroccan Spiced Harissa Chicken	GF
Moroccan Lemon Chicken	GF DF

GAME

Wild Boar Ragu	GF
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SIDES

Chantenay Carrots	GF
Carrot & Swede Mash	GF
Cavolo Nero with Rosemary	GF
Creamed Spinach	GF
Honey Roasted Fennel	GF DF
Roasted New Potatoes	GF
Medley of Roasted Veg	GF DF
Creamy Mash	GF
Plain Basmati Rice	GF DF
Minted Couscous	DF
Braised Red Cabbage	GF
Peas & Leeks with a Lemon Herb Butter	GF
Garlic Ciabatta	DF

TAKEAWAY

INDIAN MAINS

Chicken Korma	GF
Chicken Tikka Masala	GF
Chicken Jalfrezi	GF
Garlic Chicken Curry	GF
Goan Chicken Curry	GF
Chicken Dhansak	GF
Butter Chicken Curry	GF
Beef Madras	GF
Lamb Dupiaza	GF
Prawn Tikka Masala	GF
Prawn Karahi	GF
Vegetable Korma	GF
Roasted Vegetable & Chickpea Curry	GF DF

INDIAN SIDES

Bombay Potatoes	GF DF
Saag Paneer	GF
Tarka Dal	GF DF
Gobi Curry	DF
Plain Basmati Rice	GF DF
Peas Pilau	GF DF
Plain Naan Bread	DF
Pappadums	DF

THAI MAINS

Green Thai Chicken Curry	GF DF
Yellow Thai Chicken Curry	GF DF
Red Thai Chicken Curry	GF DF
Chicken Satay	DF
Chicken Panang Curry	GF DF
Chicken Pad Thai	GF DF
Yellow Vegetable Curry	DF
Green Thai Vegetable Curry	GF DF
Tamarind Beef with Lemongrass & Ginger	DF
Beef Massaman Curry	GF DF
Drunken Noodles with Tiger Prawns	DF
Yellow Thai Prawn Curry	GF DF
Hoisin Duck Noodles	DF
Red Thai Duck Curry	GF DF
Crispy Roast Half Duck	DF

THAI SIDES

Coconut & Lime Leaf Rice	GF DF
Jasmine Rice	GF DF

PUDDINGS

Spiced Plum Pavlova	GF
Chocolate Roulade	GF
Chocolate & Raspberry Roulade	GF
Chocolate & Salted Caramel Pavlova	GF
Raspberry Pavlova	GF
Winter Fruit Vacherin	GF
Gin & Tonic Semifreddo	GF
Chocolate & Almond Torte	GF
Winter Pudding	DF
Gluten Free Chocolate Brownie	GF
All Ice Creams	GF



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	194	10%
Yellow Thai Prawn Curry	215	11%
Red Lentil & Mixed Bean Casserole	218	11%
Spiced Cauliflower & Aubergine Shakshuka	219	11%
Mushroom Spaghetti Bolognese	252	13%
Beef Bourguignon	259	13%
Lamb Casserole with New Potatoes	261	13%
Moroccan Lemon Chicken	280	14%
Vegetable & Chickpea Tagine	288	14%
Chilli con Carne	289	14%
Moroccan Spiced Lamb Tagine	307	15%
Moroccan Spiced Harissa Chicken	327	16%
Lamb Hotpot	328	16%
Spanish Bean Stew with Peppers & Kale	332	17%
Two Bean Chilli with Sweet Potato & Brown Rice	357	18%
Huntsman's Chicken	358	18%
Middle Eastern Chicken	362	18%
Pulled Beef Chilli	365	18%
Meatballs in a Rustic Tomato Sauce	375	19%
Wild Boar Ragu	398	20%
Spaghetti Bolognese	491	25%

Plus all our Pots for One p8-9

Nutrition correct as of November 2018. As always, the label on the back of pack is most accurate.

visit www.cookfood.net/loveeatingwell for more information

POTS FOR ONE

Sicilian Tuna Pasta	DF
Prawns with Chorizo & Lentils	DF
Nasi Goreng	DF
Sweet Potato & Aubergine Sri Lankan Curry	GF DF
Green Thai Chicken Noodles	GF DF
Chicken Noodle Laska	GF DF
Lemon & Herb Chicken	GF DF
Sticky Soy & Ginger Beef	GF DF
Vietnamese Pork Meatballs	GF DF
Pork & Lentil Ragu with Wholewheat Spaghetti	DF
Keralan Chicken Curry	GF DF
Teriyaki Chicken Noodles	DF
Asparagus & Pesto Gnocchi	DF
Chicken Pad Thai	GF DF

ENTERTAINING

Honey Roast Ham	DF
Side of Salmon with Lemon & Dill	GF DF
Scottish Salmon Triple Terrine	GF
All pâtés	GF

COOK FOR KIDS

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