



Gluten Free & Dairy Free

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 2020.

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	219	11%
Beef Bourguignon	259	13%
Lamb Casserole with New Potatoes	261	13%
Moroccan Lemon Chicken	280	14%
Mexican Three Bean Chilli	300	15%
Moroccan Lamb Tagine	307	15%
Chilli con Carne	314	16%
Sweet Potato Katsu Curry	318	16%
Moroccan Harissa Chicken	327	16%
Lamb Hotpot	328	16%
Spanish Bean Stew with Peppers & Kale	332	17%
Vegetable & Chickpea Tagine	355	18%
Mushroom Spaghetti Bolognese	359	18%
Meatballs in a Rustic Tomato Sauce	375	19%
Spaghetti Bolognese	491	25%

POTS FOR ONE

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

Nutrition correct as of Nov 2020. As always, the label on the back of pack is most accurate.

visit www.cookfood.net/loveeatingwell for more information

MAINS

VEGGIE & VEGAN

Shepherdless Pie		DF
Sweet Potato Katsu Curry	GF	DF
Vegan Lasagne al Forno		DF
Veggie Meatballs in a Rustic Tomato Sauce		DF
Mexican Three Bean Chilli	GF	DF
Mushroom Spaghetti Bolognese		DF
Chilli con Veggie	GF	
Red Lentil & Mixed Bean Casserole	GF	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	

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

FISH

Smoked Haddock & Leek Risotto	GF	
-------------------------------	----	--

BEEF

Beef Bourguignon		DF
Chilli con Carne	GF	
Cottage Pie	GF	

CHICKEN

Honey & Ginger Chicken	GF	DF
Tomato & Pesto Chicken	GF	
Chicken with White Wine & Thyme	GF	
Chicken, Pea & Bacon Risotto	GF	
Basil & Mascarpone Chicken	GF	
Moroccan Harissa Chicken	GF	
Moroccan Lemon Chicken	GF	DF

SIDES

Creamed Spinach	GF	
Dauphinoise Potatoes	GF	
Creamy Mash	GF	
Plain Basmati Rice	GF	DF
Minted Couscous		DF
Peas & Leeks with a Lemon Herb Butter	GF	
Garlic Ciabatta		DF

TAKEAWAY

INDIAN MAINS

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

INDIAN SIDES

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

THAI MAINS

Thai Basil Chicken	GF	DF
Thai Steamed Sea Bass	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
Hoisin Duck Noodles		DF
Red Thai Duck Curry	GF	DF
Crispy Roast Half Duck		DF

THAI SIDES

Coconut & Lime Leaf Rice	GF	DF
--------------------------	----	----

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

ENTERTAINING

Honey Roast Ham		DF
Butternut Squash Galette		DF
Garlic Butter Prawns	GF	
Side of Salmon with Lemon & Dill	GF	DF
Smoked Salmon Terrine	GF	
All pâtés	GF	

CANAPES

Mexican Three Bean Tacos		DF
Mini Thai Fishcakes	GF	DF

PUDDINGS

Chocolate Roulade	GF	
Chocolate & Raspberry Roulade	GF	
Chocolate & Salted Caramel Pavlova	GF	
Chocolate & Hazelnut Parfait	GF	
Espresso Martini Pavlova	GF	
Raspberry Pavlova	GF	
Fruit Vacherin	GF	
Gin & Tonic Semifreddo	GF	
Spiced Apple & Blackberry Torte		DF
Chocolate & Almond Torte	GF	
Winter Pudding		DF
Gluten-Free Belgian Chocolate Brownie	GF	