

Be  
*Inspired*  
to Eat Well



Association for Glycogen Storage Disease



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## Be inspired to eat well

This is a recipe book compiled by people with a Glycogen Storage disorder. Our condition has meant that we have had to learn to be inventive, so we thought we would share our ideas with everyone.

We are lucky to have donated recipes from Chef Antony Worrall-Thompson and Maisie Mouse author, Lucy Cousins.

This book is ideal for all the family, with helpful suggestions for treats and sweets as well as main meals and vegetable side dishes. It is not a diet book but a range of useful recipes.

You will find good ideas for how to introduce some different ingredients into daily life.

GSDs are extremely rare and those of us with them are the experts. We are used to having exercise plans and dietary rules or routines that enable us to keep our independence.

We believe that anyone living with a chronic condition will benefit from taking charge as much as possible. After all, when you have been diagnosed it is something you cannot change. However, you can alter how you live with and manage your condition. For some diet choices will be a big part of that.

Our bright ideas have come from the internet, Facebook, AGSD-UK members, friends all around the UK and the world.





## A word about ingredients

*These recipes aim to give a fresh look to old ingredients, many items will be very familiar. However, there are a few that might be new to you.....*

*Panko Breadcrumbs* - Japanese white crispy breadcrumbs available in any supermarket. Other breadcrumbs can be used instead. Panko stay very crispy after cooking. You can also make your own breadcrumbs using your preferred bread or bread substitute.

*Harissa Paste* - A small jar available in most supermarkets. A mix of ground spices with oil and chilli. Can be pretty hot.

*Wheat Bran* - Available in health food shops, wheat bran adds bulk and nutty flavour to dishes.

*Quinoa* - A wheat-free protein grain, now widely available. Use instead of rice or pasta.

*Linseed (flax) or Chia seeds* - Available in health food shops and some supermarkets, they give flavour and some say they have healthy properties. Ground and blended with water they make a paste sometimes used instead of egg for vegan dishes.

*Stevia* - used in *Maisie Mouse's Sugar Free Gingerbread recipe* - Stevia is one brand of sugar replacement available in supermarkets. Others to look for include Inulin and Truvia.

*Spices and herbs* - Exploring new spices and herbs helps give a fresh twist on an old recipe. This book includes a few to try;

*Cajun spice* - a blend of hot, chilli and lemony spices

*Cumin* - often used in curries

*Sweet Paprika* - very savoury, flavoursome with the heat of ordinary paprika

*Sumac* - now easily available in supermarkets, savoury with a citrus undertone, very versatile. Can be sprinkled on salads, used when marinading. Helps bland foods such as tofu.

*To help you chose the right recipe Louise Robertson RD BSc (Hons) has annotated them all with some nutritional values. Please bear in mind that these values are just a guide. The nutritional value of your food may be slightly different depending on the size, portion or type of food that you use and how exactly you follow the recipe.*



# Be Inspired

*We have a few 'Be inspired' pages through the book where we try to highlight some alternative ingredients and how useful they can be.*

There are so many alternative recipes out there, why not try something new and give it a go? The plant proteins are a slow release carbohydrate.

*Below is a list of different foods with the amount of protein per 100g shown.*

## *Meat*

Chicken breast (grilled without skin)- 32g, Beef steak- 31g,  
Lamb chop- 29.2g, Pork chop- 31.6g

## *Fish and Seafood*

Tuna (canned in brine)- 23.5g, Mackerel- 20.8g, Salmon- 24.2g,  
Cod- 20.8g, Prawns- 22.6g

## *Dairy*

Eggs - 6g, Whole milk- 3.3g, Semi-skimmed milk- 3.4g,  
Cheddar cheese- 25.4g, Cottage cheese- 12.6g

## *Plant Protein*

Red lentils- 7.6g, Chickpeas- 8.4g, Kidney beans- 6.9g, Baked beans- 5.2g, Tofu 8.1g

## *Nuts and Seeds*

Almonds- 21.1g, Walnuts- 14.7g, Hazelnuts- 14.1g, Hemp Seed- 23g,  
Pumpkin Seeds- 33g, Chia seeds- 15.6g, Linseed seed - 19g.

## *Here are a few hints from our kitchen travels*

- Try natural alternatives to sugar - raw honey, Stevia, dates, coconut sugar and maple syrup
- If making a salad, place a couple of sliced hard-boiled eggs or a handful of seeds, it not only adds the extra protein, but also adds textures and flavours.
- Make your own granola for cereal, this way you know what is going in to it and you don't have needless hidden sugars or other ingredients in there.

# CONVERSION CHART

*Our recipe contributors give different oven temperatures etc. Use this chart to convert for your own needs.*

<i>Cup</i>	<i>Ounces</i>	<i>Millilitres</i>	<i>Tablespoons</i>
1/16	1/2oz	15ml	1
1/8	1oz	30ml	2
1/4	2oz	59ml	4
1/3	2.5oz	79ml	5.5
3/8	3oz	90ml	6
1/2	4oz	118ml	8
3/4	6oz	158ml	11
1	8oz	240ml	16
2	16oz	480ml	32
4	32oz	960ml	64
5	40oz	1180ml	80
6	48oz	1420ml	96
8	64oz	1895ml	128

<i>Farenheit</i>	<i>Celcius</i>
100°F	37°C
150°F	65°C
200°F	93°C
250°F	121°C
300°F	150°C
325°F	160°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C
500°F	260°C
525°F	274°C

<i>Imperial</i>	<i>Metric</i>
1/2 oz	15g
1oz	29g
2oz	57g
3oz	85g
4oz	113g
5oz	141g
6oz	170g
8oz	227g
10oz	283g
12oz	340g
13oz	369g
14oz	397g
16oz	453g



Eggs

# Be Inspired

*We all know a good egg, but how experimental are you with this handy and economical ingredient?*

*Eggs are so versatile and they can be added to many dishes from breakfast, snacks and right through to evening meals.*

*Eggs are full of protein, 6g per egg, so waking up and having a couple of eggs for breakfast starts the day out well.*

# Eggs

- Try mashing a hard-boiled egg yolk with avocado and some spices for devilled eggs.
- Scrambled eggs or an omelette in the morning is a staple food for some, but why not experiment with different ingredients; ham, chorizo, halloumi, feta, olives, sausages, cheese, spring onion, peppers, tabasco, worcester sauce - but not all at once!
- Make a spanish omelette and used sliced vegetables instead of potatoes.
- Copy the japanese way of using a very, very thin omelette as a pancake in which to wrap vegetables in a sauce.
- Two great ways for chopped hard-boiled eggs. They provide a basis for lots of salads in summer. Add diced cooked vegetables, peas and dressing for russian salad.
- They make a basis for sandwich fillings. Add herbs, crumbled feta and diced red pepper.





# Scrambled Eggs with Halloumi Cheese

Preparation time: 10 mins, Cooking time: 15 mins, Serves 2

## Method

- Dice halloumi cheese and bacon.
- Heat olive oil on medium high in a frying pan and fry halloumi, spring onions and bacon until nicely browned.
- In a small bowl, whisk together parsley, eggs, and pepper.
- Pour the egg mixture into the frying pan over the bacon and cheese.
- Lower the heat, add the olives, and stir for couple of minutes.
- Serve on a warm plate.

## Ingredients

3 oz halloumi cheese  
4 oz bacon  
2 tbsp olive oil  
2 spring onions  
4 eggs  
25 tsp fresh parsley, chopped  
25 tsp pitted olives  
Pepper

<b>Energy</b>	555kcal
<b>Carbohydrate</b>	1g
<i>of which sugar</i>	0g
<b>Protein</b>	35g
<b>Fat</b>	45g
<i>of which saturated fat</i>	16g



# Eggs

## Eggs with Greens & Bacon

Preparation time: 5 mins, Cooking time: 15 mins, Serves 2

### Method

- Trim and chop the kale into large squares. (Pre-washed baby kale is a shortcut.) Warm olive oil and fry the kale quickly on high heat until slightly browned around the edges.
- Remove the kale from the frying pan and set aside. Sear the bacon in the same frying pan until crispy.
- Lower the heat. Return the sautéed greens to the pan and add the nuts. Stir until warmed through. Reserve in a bowl.
- Cook the eggs the way you like them, fried or poached. Salt and pepper to taste. Plate two eggs with a portion of greens and serve immediately. Fried onions, shallots or spring onions are a great optional extra.



### Ingredients

1/2 lb kale (or other greens such as cabbage, chard, or spinach that offer tasty variations)

1 tspn olive oil

6 oz. smoked pork belly or bacon

1 oz. pecans or walnuts

4 eggs

Salt and pepper

<b>Energy</b>	490kcal
<b>Carbohydrate</b>	3g
<i>of which sugar</i>	3g
<b>Protein</b>	31g
<b>Fat</b>	39g
<i>of which saturated fat</i>	10g



# Eggs

## One Pan English Breakfast

Preparation time: 5 mins, Cooking time: 15 mins, Serves 4

### Method

- Heat the grill to high. Heat a medium non-stick frying pan, add the chipolatas and fry for 3 mins. Add the bacon, turning occasionally, until it starts to crisp, about 5 mins more. Tip in the mushrooms and continue to cook for a further 3-5 mins. Drain any excess fat and move the ingredients so they are evenly spread out.
- Season the eggs, then add to the pan, swirling to fill the spaces. Gently move with a fork for 2 mins over a low-medium heat until beginning to set. Scatter over the tomatoes, cheese, if using, and chives, then grill for 2 mins until set. Cut into wedges and serve with your favourite sauces.
- This combines all the best ingredients of a traditional English breakfast in one frying pan, with no need to chop anything.



### Ingredients

4 good-quality pork chipolatas  
4 rashers smoked back bacon  
140g button mushroom  
6 eggs, beaten  
8 cherry tomatoes, halved  
handful grated cheese (optional)  
1 tbsp snipped chives

**Energy**

**Carbohydrate**

*of which sugar*

**Protein**

**Fat**

*of which saturated fat*

220kcal

2g

1g

17g

16g

5g



# Oat Banana Pancakes

*Preparation time: 10 mins, Cooking time: 20 mins, Makes: 8*

## Method

- Put the banana in a bowl and mash with a fork. Add the eggs and mix until well combined. Add the oats and cinnamon to the banana mix and stir well.
- Heat a small frying pan over a medium heat with a dash or spray of oil.
- Using a ladle pour a small amount into the pan, cook on one side for 1.5 minutes then turn and cook on the other side for about 1 minute. Serve with some yogurt and fruit for extra flavours.

### Ingredients

1 medium ripe banana  
2 large eggs  
30g rolled oats  
1/4 tsp cinnamon

**no nutritional data for  
this recipe**

<b>Energy</b>	kcal
<b>Carbohydrate</b>	g
<i>of which sugar</i>	g
<b>Protein</b>	g
<b>Fat</b>	g
<i>of which saturated fat</i>	g





Fish



# Halibut with Char-grilled Courgettes

Preparation time: 10 mins, Cooking time: 30 mins, Serves 4

## Method

- Heat 2 tablespoons of olive oil in a frying pan and add the fillets of halibut. Cook them over a medium-low heat for about 20 minutes, turning once. When cooked, the flesh will be opaque and should flake easily.
- While fish is cooking, char-grill the courgettes. First heat a char-grill pan [or heavy-based frying pan] , then brush the courgette slices with the remaining olive oil. Cook them in batches until lightly browned, turning once.
- Finely grate zest from the lemon, then thinly slice half the lemon and squeeze the juice from the remaining half.
- Add courgette slices to the fish with the lemon zest, lemon slices, lemon juice and capers. Season with salt and pepper and heat for a few moments. Serve.
- Serve with mashed sweet potato beaten with mashed butternut squash to make a tasty accompaniment to the fish.

## Ingredients

4 tbsps. olive oil  
4 x 125-150g frozen halibut  
fillets, or other firm white  
fish  
3 courgettes, thinly sliced  
diagonally  
1 lemon  
2 tsps. capers  
Salt & freshly ground black  
pepper

**Energy**  
**Carbohydrate**

*of which sugar*

**Protein**

**Fat**

*of which saturated fat*

270kcal

1g

1g

35g

14g

2g



# Fish

## Steamed Fish & Pak Choi Parcels

Preparation time: 15 mins, Cooking time: 10-15 mins, Serves 4

### Method

- Heat oven to 200°C . Place each fillet in the centre of a large square of foil. Top with the pak choi, spring onions, chilli and ginger, then pull up the edges of the foil.
- Mix together the soy sauce, lime juice and 1 tbsp of water then spoon a little over each fillet. Crimp the top of the foil to enclose the fish and make sure there are no gaps for the steam to escape.
- Place the parcels on a baking sheet and bake for 10-15 mins until the fish is cooked through (this will depend on the thickness of your fish).
- To serve open up the parcels and drizzle over a few drops of sesame oil.

### Ingredients

4 plaice, haddock or other  
white fish fillets  
2 pak choi, thickly sliced  
4 spring onions, shredded  
1 red chilli, thinly sliced  
3cm ginger, cut into match-  
sticks  
2 tbsp reduced-salt soy sauce  
Juice 1 lime  
1 tsp sesame oil

<b>Energy</b>	154kcal
<b>Carbohydrate</b>	2g
<i>of which sugar</i>	1g
<b>Protein</b>	25g
<b>Fat</b>	5g
<i>of which saturated fat</i>	1g



# Honey, Lime & Garlic Salmon

*Preparation time: 10 mins, Cooking time: 20 mins, Serves 4*

## Method

- Position a rack in the middle of the oven. Preheat oven to 190°C (Fan 170°C) . Line a baking sheet with a large piece of foil, or 2 long pieces of foil over lapping each other lengthways if your salmon is wide.
- In a small saucepan, melt the butter over low-medium heat. Add the honey, garlic and lime juice, and whisk until the honey has melted through the butter and the mixture is well combined.
- Place the salmon onto lined baking sheet. Evenly pour the honey & lime mixture over the salmon. Sprinkle with a good amount of salt (about 2 teaspoons), cracked pepper, and 2 tablespoons of parsley. Fold the sides of the foil up beside the salmon to keep the sauce under the fillet.
- Bake until cooked through (about 15-18 minutes, depending on the thickness of your fish). To finish heat your grill for 2-3 minutes, and grill fish for 2 minutes to crisp the top.
- Serve immediately with fresh lime slice.

## Ingredients

1/3 cup unsalted butter  
1/4 cup honey  
4 large cloves garlic, crushed  
2 limes, juiced  
2 1/2 lb (1.2 kg) side of salmon  
Salt and pepper  
Lime slices (to serve)  
Fresh chopped parsley, divided into 2

**Energy**  
**Carbohydrate**  
*of which sugar*  
**Protein**  
**Fat**

375kcal  
4g  
3g  
30g  
26g  
7g  
*of which saturated fat*



# Soup





# Moroccan Spiced Cauliflower & Almond Soup

Preparation time: 5 mins, Cooking time: 25 mins, Serves 4

## Method

- Cut the cauliflower into small florets
- Fry olive oil, ground cinnamon, cumin, coriander and harissa paste for 2 mins in a large pan.
- Add the cauliflower, stock and almonds. Cover and cook for 20 mins until the cauliflower is tender.
- Blend soup until smooth, then serve with an extra drizzle of harissa and a sprinkle of toasted almonds.

## Ingredients

1 Cauliflower  
2 tbsp olive oil  
1/2tsp of each ground cinnamon, cumin, and coriander  
2tbsp harissa paste, plus extra to drizzle  
1 ltr hot vegetable or chicken stock  
50g toasted flaked almonds, plus extra to serve

<b>Energy</b>	144kcal
<b>Carbohydrate</b>	6g
<i>of which sugar</i>	1g
<b>Protein</b>	6g
<b>Fat</b>	12g
<i>of which saturated fat</i>	1g



# Soup

## Watercress Soup with Ham

Preparation time: 10 mins, Cooking time: 35 mins, Serves 2

### Method

- Chop the onion and fry in a pan with 1 tbsp oil until softened.
- Add the stock, spinach, watercress and nutmeg and season to taste with pepper.
- Bring to the boil over a medium heat, then turn down the heat to low, cover with a lid and leave to simmer for about 30 minutes until rich and creamy.
- Remove the soup from the heat and stir in the crème fraiche.
- Top with ham or Parma ham and serve whilst hot.

### Ingredients

1/2 onion, finely chopped  
4 slices of Parma ham, chopped  
200ml vegetable stock  
1 large handful of spinach  
leaves, stems removed  
2 large handfuls of watercress  
a pinch of freshly grated nutmeg  
1 tbsp crème fraiche  
freshly ground black pepper &  
salt  
2 tbsp olive oil

**Energy**  
**Carbohydrate**

*of which sugar*

**Protein**

**Fat**

*of which saturated fat*

165kcal

3g

2g

5g

16g

4g



# Pumpkin Soup

Preparation time: 15 mins, Cooking time: 30 mins, Serves 6

## Method

- Melt butter in a large saucepan over medium heat.
- Cook onion until softened, 5 minutes. Add garlic, curry powder, salt and pepper and cook 1 minute more.
- Add broth, water and purée; mix well. Reduce heat to low. Cook, stirring occasionally, for 20 minutes.
- Stir in coconut milk.
- Purée soup in blender in several batches until smooth.
- Return to saucepan. Reheat and serve.

## Ingredients

15 oz tin of pumpkin puree  
1/2 tsp minced garlic  
2 tsp curry powder  
400ml chicken or vegetable stock  
400ml water  
2 tbsp butter  
400ml coconut cream  
1 small onion

**Energy**  
**Carbohydrate**

*of which sugar*

**Protein**

**Fat**

*of which saturated fat*

56kcal

6g

5g

2g

3g

2g





# Butternut Squash Soup with Blue Cheese

*Preparation time: 5 mins, Cooking time: 10 mins, Serves 2*

## Method

- Heat the oil in a saucepan. Add the squash and sauté for 2-3 minutes over a low to medium heat.
- Add the garlic and shallot and cook for a further minute.
- Add the stock and chopped tomato to the pan, bring to the boil and reduce the heat to simmer for 8-10 minutes, until the squash is soft.
- Remove the pan from the heat and add the blue cheese. Blend with a hand blender and then pass through a sieve into a bowl.
- Ladle the soup into serving bowls and serve.

## Ingredients

2 tsp vegetable oil  
1 butternut squash, peeled and cut into cubes  
1 garlic clove, finely chopped  
1 shallot, finely chopped  
500ml/1 pint vegetable stock  
1 tomato, finely chopped  
80g/5oz blue cheese

<b>Energy</b>	290kcal
<b>Carbohydrate</b>	23g
<i>of which sugar</i>	13g
<b>Protein</b>	13g
<b>Fat</b>	18g
<i>of which saturated fat</i>	9g



Meat



# Duck Salad with Chunky Mango Salsa

Preparation time: 10 mins, Cooking time: 20 mins, Serves 4

## Method

- Preheat the oven to 190°C (Fan 180°C) .
- Score criss-crosses close together on the skin of the duck; so that most of the fat is released when cooking. Place the duck, skin side down, in an ovenproof frying pan over a medium heat and cook for 10 minutes. Turn the duck over and cook for 5 – 8 minutes depending on how pink you like it. Leave to rest for 5-10 minutes, then slice.
- Meanwhile combine the ingredients for the salsa and season. When the duck is cooked it will feel slightly springy to the touch (if pink) or firm (well done). Arrange the duck on the salad leaves and mangetout.
- Spoon over the salsa to serve.

## Ingredients

### Duck:

- 2 duck breast fillets, skin on
- 200g (7oz) assorted salad leaves
- 110g (4oz) mangetout, shredded, or fine green beans, cooked

### Salsa:

- 1 mango, diced
- Small bunch of mint, chopped
- Small bunch of coriander, chopped
- Juice of 1 lime
- 1 red onion, diced
- 3 tomatoes, diced
- Salt and ground black pepper

*Featured recipe courtesy of Chef, Anthony Worrall Thompson*

**Energy**  
**Carbohydrate**  
*of which sugar*  
**Protein**  
**Fat**

*of which saturated fat*

370kcal  
29g  
25g  
47g  
10g  
3g



# Lamb Shashliks with Rosemary & Garlic

Preparation time: 15 mins, Cooking time: 5 mins, Serves 6

## Method

- Mix the lamb with the lemon and juice, oil, garlic and rosemary. Season well. Cover with cling film and leave to chill for a few hours or, if possible, overnight.
- Thread the lamb onto large metal or wooden skewers, alternating with the peppers and onions. (If using wooden skewers, soak for 20 mins before using.)
- Under a medium grill, cook the lamb skewers for about 5 mins until well coloured. Turn over and cook for a further 5-10 mins until cooked to your liking. To test if the lamb is done, put a large skewer into the middle of the meat and press down on the flesh. If the juice that runs from it is bloody, it's not cooked enough. If the juice is pink and watery, the lamb is medium cooked. If the liquid is completely clear, the lamb is well done.
- Allow the meat to rest for a few minutes before serving with flatbreads, yogurt, chilli sauce, and tomato and cucumber

## Ingredients

1 small leg of lamb (1 1/2 kg/3 lb 5oz),  
boned and cut into large chunks  
1 lemon, juiced and roughly chopped  
3 tbsp olive oil

**20** garlic cloves, finely chopped  
handful rosemary sprigs, leaves picked  
and chopped  
3 green peppers, cubed  
2 red onions, cut into wedges

**Energy**  
**Carbohydrate**

*of which sugar*

**Protein**

**Fat**

*of which saturated fat*

270kcal

10g

6g

28g

13g

4g





# Meat

## Paillard of Chicken with Lemon & Herbs

Preparation time: 2hrs15 mins, Cooking time: 5 mins, Serves 6

### Method

- Place each chicken breast between 2 sheets of cling film or baking parchment. Use a meat mallet or rolling pin to bash each piece of chicken – flatten out to an even layer about 0.5cm thick. Transfer to a dish.
- To make the marinade, crush the garlic with a good pinch of salt using a pestle and mortar. Add the rosemary and sage, and give everything a good pounding. Stir through the lemon zest and juice, olive oil and some ground black pepper. Pour the marinade over the chicken, ensuring that it's well coated. Cover and chill for at least 2 hrs.
- Cook the chicken in a hot grill for 4-6 mins each side. Transfer to a board and leave to rest for a few mins. (Check the meat is cooked thoroughly before serving).
- Serve on a bed of rocket with parmesan shavings over the top and lemon wedge.

### Ingredients

6 skinless chicken breasts  
2 tbsp olive oil  
1/2 tbsp balsamic vinegar  
140g bag rocket • 25g parmesan  
Lemon wedges

#### For the marinade

2 garlic cloves  
3 rosemary sprigs, leaves finely  
chopped  
6 sage leaves, finely shredded  
Zest 1 lemon and juice of 1/2

**Energy**  
**Carbohydrate**

*of which sugar*

**Protein**

**Fat**

*of which saturated fat*

200kcal

0g

0g

34g

7g

2g



# Chicken & Aubergine Thai Curry

Preparation time: 20 mins, Cooking time: 30 mins, Serves 4

## Method

- Put the coconut milk, stock, red onion, curry paste and cinnamon stick in a large, wide saucepan. Bring to a simmer over a medium heat.
- Add the chicken, green beans and aubergine and cook gently for 15 - 20 minutes, or until the aubergines are tender and the chicken is cooked through.
- Spoon the curry into four shallow bowls and scatter over the cashews, chilli and spring onion.
- To serve, sprinkle 1 tbsp roasted, chopped cashew nuts and 2 halved limes.

## Ingredients

300ml/10fl oz reduced fat coconut milk

200ml/7fl oz chicken stock

1 small red onion, roughly chopped

1 level tbsp Thai massaman curry paste

1 cinnamon stick

2 chicken breasts, boneless, skin removed (150g/5 1/2oz each), cut into bite-sized pieces

100g/3 1/2oz fine green beans, trimmed

1 aubergine, cut into 1.5cm/1/2in cubes

**Energy**

**Carbohydrate**

*of which sugar*

**Protein**

**Fat**

*of which saturated fat*

300kcal

7g

5g

28g

14g

7g



# Chicken Casserole

*Preparation time: 15mins, Cooking time: 30 mins, Serves 3*

## Method

- Heat the oil in a non-stick sauté pan and cook the chicken thighs over a high heat until browned on all sides. Drain on kitchen paper and keep warm.
- Add the garlic and leeks to the pan and cook over a low heat for 3 - 4 minutes until softened but not browned. Add the beans, thyme, bay leaf and wine or stock and simmer for a further 4 minutes.
- Arrange the chicken thighs on top of the beans, cover the pan and cook over a low heat for 15 - 20 minutes until the chicken is cooked through.
- Serve on a warm plate and garnish with chopped parsley.

## Ingredients

1 tsp olive oil  
6 chicken thigh fillets  
3 garlic cloves, finely sliced  
400g trimmed leeks, finely sliced  
400g tin haricot beans, drained and rinsed  
3-4 sprigs fresh thyme  
1 bay leaf  
150ml dry white wine or chicken stock

<b>Energy</b>	500kcal
<b>Carbohydrate</b>	16g
<i>of which sugar</i>	4g
<b>Protein</b>	55g
<b>Fat</b>	22g
<i>of which saturated fat</i>	6g



# Coconut Chicken Curry

Preparation time: 5mins, Cooking time: 45mins, Serves 4

## Method

- Heat olive oil in a frying pan over medium heat. Sauté onion until lightly browned.
- Stir in garlic, curry powder, cinnamon, paprika, bay leaf, ginger, sugar and salt. Continue stirring for 2 minutes.
- Add chicken pieces, tomato puree, yogurt and coconut milk. Bring to the boil, reduce heat and simmer for 20 to 25 minutes.
- Remove bay leaf and stir in lemon juice and cayenne pepper. Simmer 5 more minutes.
- Serve in a warm bowl with a spoon of yogurt on top.

## Ingredients

3 tablespoons olive oil  
1 small onion chopped  
2 cloves garlic finely chopped  
3 tablespoons curry powder  
1 teaspoon ground cinnamon  
1 teaspoon paprika  
1 bay leaf  
1/2 teaspoon grated fresh root ginger  
1/2 teaspoon caster sugar  
1/4 teaspoon salt or to taste  
2 skinless chicken breast fillets cut into bite-size pieces  
1 tablespoon tomato puree  
250ml natural yoghurt  
175ml coconut milk  
1/2 lemon juiced  
1/2 teaspoon cayenne pepper

**Energy**  
**Carbohydrate**

*of which sugar*

**Protein**

**Fat**

*of which saturated fat*

260kcal

10g

9g

25g

14g

4g



# Cajun Turkey Steaks with Pineapple Salsa

Preparation time: 10mins, Cooking time: 30 mins, Serves 4

## Method

- Reserve 2 tbsp of the onion for the salsa.
- Heat the oil in a saucepan and cook the remaining onion and half the pepper for 4 mins or until softened and coloured.
- Stir in the rice, then pour in the stock. Add the kidney beans and a pinch of salt. Bring to the boil, stir once, cover the pan, then reduce the heat to a gentle simmer.
- Cook for 15 mins until the rice is tender and the liquid absorbed.
- Dust the turkey steaks with the Cajun spice and griddle or fry in a non-stick pan for about 4-6 mins on each side until cooked through. Cut the pineapple into small pieces and mix together with the reserved red onion, pepper, green chilli and lime juice.
- Spoon some salsa over each steak and serve with the rice.

## Ingredients

1 red onion finely chopped  
 1 tbsp sunflower oil  
 1 red pepper, deseeded and diced  
 200g basmati rice, use brown rice for less carbs  
 450ml chicken stock  
 400g kidney beans, rinsed & drained  
 4 turkey steaks  
 2tsp Cajun seasoning  
 5oz/140g fresh pineapple (or 220g tin of sliced pineapple rings)  
 1/2 green chilli, finely chopped  
 juice of 1 lime

<b>Energy</b>	460kcal
<b>Carbohydrate</b>	76g
<i>of which sugar</i>	27g
<b>Protein</b>	33g
<b>Fat</b>	5g
<i>of which saturated fat</i>	1g





# Meat

## Griddled Chicken with Quinoa Greek Salad

Preparation time: 5mins, Cooking time: 20 mins, Serves 4

### Method

- Cook the quinoa following the pack instructions, then rinse in cold water and drain thoroughly.
- Meanwhile, mix the butter, chilli and garlic into a paste. Toss the chicken fillets in 2 tsp of the olive oil with some seasoning. Lay in a hot frying pan and cook for 3-4 mins each side or until cooked through. Transfer to a plate, dot with the spicy butter and set aside to melt.
- Next, tip the tomatoes, olives, onion, feta and mint into a bowl. Toss in the cooked quinoa. Stir through the remaining olive oil, lemon juice and zest, and season well.
- Serve with the chicken fillets on top, drizzled with any buttery chicken juices.

### Ingredients

225g quinoa  
25g butter  
1 red chilli, deseeded and finely chopped  
1 garlic clove, crushed  
400g chicken mini fillets  
1 1/2 tbsp extra-virgin olive oil  
300g vine tomato, roughly chopped  
1 red onion, finely sliced  
Handful black olives  
100g feta cheese, crumbled  
Small bunch mint leaves, chopped  
Juice and zest 1/2 lemon

<b>Energy</b>	455kcal
<b>Carbohydrate</b>	37g
<i>of which sugar</i>	9g
<b>Protein</b>	36g
<b>Fat</b>	19g
<i>of which saturated fat</i>	8g



## Coronation Chicken Salad with Cashews & Raisins

Preparation time: 5mins, Cooking time: 15 mins, Serves 6

### Method

- In a large mixing bowl, combine the chopped chicken breast, celery, raisins and cashew nuts.
- In a separate bowl, mix together the mayonnaise and the curry powder, adding a little curry powder at a time and taste testing as you go along. When desired taste is achieved, add the minced garlic and lemon juice. Mix well.
- Add the curried mayonnaise mixture to the chopped chicken mixture and mix well, making sure that the chicken is well coated. Season to taste.
- To serve, garnish with a sprig of fresh basil.

### Ingredients

450g (1 lb) cooked chicken breast,  
chopped  
2 sticks celery thinly sliced  
110g (4 oz) raisins or sultanas  
110g (4 oz) roasted and salted whole  
cashew nuts  
225g (8 oz) mayonnaise  
1 heaped tablespoon curry powder  
1 clove garlic minced  
1 teaspoon lemon juice  
Salt and pepper, to taste  
Sprig of fresh basil, to garnish

**Energy**  
**Carbohydrate**

*of which sugar*

**Protein**

**Fat**

*of which saturated fat*

520kcal

17g

14g

28g

38g

4g



# Chicken, Red Pepper & Almond Traybake

Preparation time: 15mins, Cooking time: 40 mins, Serves 4

## Method

- Heat oven to 200°C (Fan 180°C).
- Place the chicken, onions, potatoes and peppers in a large bowl and season.
- In another bowl, mix together the garlic, spices, oil, and lemon zest and juice. Pour this over everything and spread the mixture between 2 baking trays.
- Roast for 40 mins, turning over after 20 mins, until the chicken is cooked through.
- Add the almonds for the final 8 mins of cooking.
- Serve in bowls with a big dollop of Greek yogurt and some chopped parsley or coriander.

## Ingredients

500g boneless, skinless chicken thigh  
3 medium red onions, cut into thick wedges  
500g small red potato, cut into thick slices  
2 red peppers, deseeded and cut into thick slices  
1 garlic clove, finely chopped  
1 tsp each ground cumin, smoked paprika  
and fennel seeds, slightly crushed  
3 tbsp olive oil  
Zest and juice 1 lemon  
50g whole blanched almonds, roughly chopped  
170g tub fat free Greek yogurt, to serve  
Small handful parsley or coriander,  
chopped, to serve

<b>Energy</b>	435kcal
<b>Carbohydrate</b>	34g
<i>of which sugar</i>	14g
<b>Protein</b>	28g
<b>Fat</b>	22g
<i>of which saturated fat</i>	4g

# Vegetables





# Aubergine Hash Browns

*Preparation time: 5mins, Cooking time: 30-40 mins, Serves 4*

## Method

- Grate two unpeeled aubergines into a bowl and mix in 1/4 tsp salt and leave to sit for 20 mins. Drain using paper towel or muslin.
- Place back into a dry bowl and mix in the parmesan, chives, oregano, garlic powder, pepper and egg.
- Mix well and shape into small patties and place on a lined baking tray.
- Bake for 25-30 minutes in a pre-heated oven at 200°C.
- Serve as a side dish.

## Ingredients

2 aubergines  
60g parmesan  
40g chives  
1 tsp oregano  
1/4 tsp garlic powder or minced garlic  
1/4 tsp of each salt and pepper  
1 egg

<b>Energy</b>	90kcal
<b>Carbohydrate</b>	3g
<i>of which sugar</i>	3g
<b>Protein</b>	8g
<b>Fat</b>	5g
<i>of which saturated fat</i>	3g





# Roasted Aubergine with Ricotta & Mint

Preparation time: 10 mins, Cooking time: 15 mins, Serves 4

## Method

- Brush aubergine slices with oil; sprinkle with salt and pepper. Grill aubergine slices until slightly charred and tender when pierced with knife, about 5 to 7 minutes per side.
- Meanwhile, mix your ricotta, capers, onion, tomatoes, mint, vinegar and remaining 4 teaspoons olive oil in a small bowl. Taste for seasoning; ricotta salata tends to be quite salty so add salt moderately (Feta is a good alternative). Add more vinegar, if desired. Add freshly ground black pepper, to taste.
- When the aubergine discs are done, arrange them on a serving platter. Scoop a spoonful of the salad over each round.
- Eat immediately.

## Ingredients

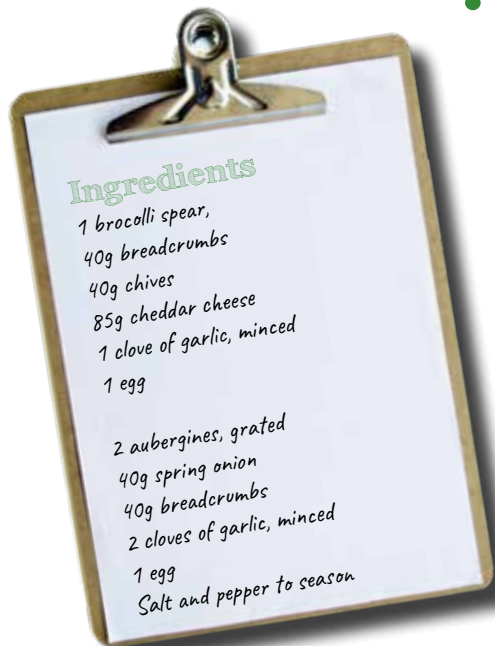
1 to 2 tablespoons oil  
4 teaspoons olive oil  
1 1/2 pounds eggplant (about 2 medium),  
in 3/4-to 1-inch slices  
2 tablespoons capers, drained  
half small red onion, finely diced  
3 seeded, diced medium tomatoes  
3 tablespoons minced fresh mint leaves  
2 ounces (1/2 cup) chopped or  
crumbled ricotta or feta cheese  
2 teaspoon red wine vinegar  
Freshly ground black pepper.

<b>Energy</b>	110kcal
<b>Carbohydrate</b>	6g
<i>of which sugar</i>	6g
<b>Protein</b>	3g
<b>Fat</b>	8g
<i>of which saturated fat</i>	2g



# Vegetable Bites

Preparation time: 5mins, Cooking time: 10 mins, Serves 4



## Ingredients

1 broccoli spear,  
40g breadcrumbs  
40g chives  
85g cheddar cheese  
1 clove of garlic, minced  
1 egg

2 aubergines, grated  
40g spring onion  
40g breadcrumbs  
2 cloves of garlic, minced  
1 egg  
Salt and pepper to season

## Method for Broccoli Bites

- Grate one medium broccoli spear into a bowl, mix in 1/4 tsp salt and leave to sit for 20mins then drain excess liquid using a towel or muslin, squeezing liquid out.
- Tip back into bowl and mix into it:  
40g Breadcrumbs  
40g Chives  
85g Cheddar cheese  
One clove Garlic minced  
Salt and pepper 1/4 tsp each  
1 egg
- Mix well and then shape into balls or tubes and place on a lined or greased baking tray.
- Cook for 20 – 24mins 220°C (Fan 200°C), making sure you turn them half way through.

## Method for Aubergine Bites

- 2 aubergines, grated, 1/4 tsp salt, mix and leave to sit for 20mins. Then drain using a towel or muslin....
- Tip back into dry bowl with:  
40g bread crumbs  
40g cup spring onion  
2 cloves of garlic minced  
Salt and Pepper  
1 egg
- Mix well and then shape into balls or tubes and place on a lined or greased baking tray.
- Cook for 20 – 24mins 220°C (Fan 200°C), making sure you turn them half way through.

**Energy**  
**Carbohydrate**

*of which sugar*

**Protein**

**Fat**

*of which saturated fat*

245/180kcal  
14g/26g  
2g/7g  
16g/10g  
14g/5g  
8g/1g

# Be Inspired

*Take a basic method, change the ingredients, something new every time.*

*Here are seven different vegetables you can use to make oven fries.*

*A pre-heated hot oven around 200-220c works best.*

*Chop the chosen vegetable into similar sized pieces.*

*Turn the fries half way through cooking.*

*Use a good, sturdy metal oven tray, it conducts heat better.*

## Fries

- **Aubergine:** Slice in to 1cm circles. Place on baking tray and brush each side with chosen cooking oil. Sprinkle with pepper. Bake for about 30 minutes, turn half way through.
- **Carrot or Swede:** Wash and peel, cut in to chips the size of a small finger. Toss in a bowl with a little oil, pepper and your choice of spice or herbs. Bake for 20-25 minutes, turning half way through.
- **Asparagus:** Mix grated parmesan, dried oregano, black pepper and ground almonds. Place beans or asparagus in to a bowl, add a little oil and then the cheese mix. Bake on a tray for 10-13 minutes.
- **Butternut Squash:** Cut squash into finger sized chips and place in a bowl with a little oil, turmeric, oregano and a pinch of curry powder. Stir well, place on a hot oven tray and bake for 20-25 minutes.
- **Sweet Potato:** Cut clean sweet potato, skin on, into same sized wedges. Toss in oil, paprika and black pepper. Bake on a pre-heated tray for 15-20 minutes, turning half way through.
- **Celeriac:** Peel and then slice the celeriac in to chip shapes, add seasoning such as salt, pepper, sumac or chilli. Toss in a little oil and roast until cooked for a tasty alternative to conventional potato chips.



# Fries

## Avocado Crisps

Preparation time: 5mins, Cooking time: 20 mins, Serves 4

### Method

- Preheat oven to 180°C (Fan 160°C) and line a medium baking sheet with parchment paper. In a medium bowl, mash avocado with a fork until smooth.
- Stir in lemon juice, Parmesan, garlic powder, and Italian seasoning and season with salt and pepper.
- Place heaping teaspoon-sized scoops of mixture on baking sheet, leaving about 3" apart between each scoop. Flatten each scoop with the back of a spoon.
- Bake until crisp and golden, 15 to 18 minutes, then remove from the oven to cool completely.
- Serve at room temperature.

### Ingredients

1 large ripe avocado  
1 tsp lemon juice  
40g freshly grated Parmesan  
1/2 tsp minced garlic  
1/2 tsp Italian seasoning  
Salt  
Freshly ground black pepper

**Energy**

150kcal

**Carbohydrate**

1g

*of which sugar*

0g

**Protein**

8g

**Fat**

13g

*of which saturated fat*

5g





# Fries

## Nut Burgers

Preparation time: 5 mins, Cooking time: 30 mins, Serves 6

### Method

- In a saucepan, bring the water, bulgur and soy sauce to the boil. Remove from heat, cover, and set aside for 10 minutes, or until all the liquid has been absorbed.
- Grind cashews and sunflower seeds in a food processor to a fine meal.
- In a large bowl, mix the cooked bulgur, ground cashews and sunflower seeds, eggs, chilli powder, garlic and hot pepper sauce. Cover, and chill for 4 hours to enhance flavours.
- Prepare the oven 200°C (Fan 180°C).
- Form the bulgur mixture into 6 burgers.
- Cook for 10 minutes, turning once, or until heated through and browned. Cooking time may vary according to thickness of the burgers.

### Ingredients

175ml (6 fl oz) water  
150g (5 oz) bulgur wheat  
1 tablespoon soy sauce  
175g (6 oz) cashew nuts  
100g (4 oz) unsalted sunflower seeds  
2 eggs, beaten  
1 teaspoon chilli powder  
2 cloves garlic minced  
1 dash hot pepper sauce,  
such as Tabasco

<b>Energy</b>	375kcal
<b>Carbohydrate</b>	28g
<i>of which sugar</i>	2g
<b>Protein</b>	13g
<b>Fat</b>	24g
<i>of which saturated fat</i>	4g



# Be Inspired

## Green Beans

*Take a basic ingredient and add variations to make it fresh each time*

*To prepare basic Green or French beans, simply trim off the stalk end and boil for 3-4 minutes.*

*No need for salted water.*

*Drain.*

- *With Caper Butter:* Add chopped mint, chopped capers, lemon juice to the drained, cooked beans.
- *With Garlic and Almonds:* Heat chopped garlic gently in a little butter or oil of your choice, add soy sauce and unroasted almond slivers, stir and serve while hot.
- *With Ginger and Mustard:* Gently warm mustard seeds, grated fresh root ginger and cumin powder in a little oil of your choice, toss through the cooked green beans and serve.
- *With Spring Greens and Parsley Butter:* Melt butter, add finely sliced spring onions, chopped parsley, warm gently for 2 minutes then add cooked green beans to serve.



# Crispy Falafel

*Preparation time: 20 mins, Cooking time: 30 mins, Serves 2*

## Method

- Drain chickpeas and pat dry with kitchen paper.
- Tip chickpeas into a food processor along with red onion, garlic clove, handful of fresh coriander, ground cumin, ground coriander, harissa paste or chilli powder, plain flour and a little salt.
- Blend until fairly smooth, then shape into eight small round discs with your hands.
- Heat sunflower oil in a non-stick frying pan, add the burgers, then quickly fry for 3 mins on each side until lightly golden.
- Serve with toasted pitta bread, tomato salsa and a green salad.

## Ingredients

400g can chickpeas, rinsed and drained  
 1 small red onion, finely chopped  
 1 garlic clove, chopped  
 1tbsp chopped fresh coriander  
 1 tsp ground cumin  
 1 tsp ground coriander  
 1/2 tsp harissa paste or chilli powder  
 2 tbsp plain flour  
 2 tbsp sunflower oil  
 Toasted pitta bread, to serve  
 Tomato salsa, to serve  
 Green salad, to serve

**Energy**  
**Carbohydrate**

*of which sugar*

**Protein**

**Fat**

*of which saturated fat*

500kcal

51g

4g

23g

24g

3g



Veg

# Lebanese Lemon-Parsley Bean Salad

Preparation time: 20 mins, Cooking time: 30 mins, Serves 2

## Method

- In a serving bowl, combine the prepared kidney beans, chickpeas, onion, celery, cucumber, parsley and dill (or mint).
- Make the lemon dressing: In a small bowl, whisk together the olive oil, lemon juice, garlic, salt and pepper flakes until emulsified. Pour dressing over the bean and vegetable mixture and toss thoroughly.
- Serve immediately for the most flavour, or let it marinate in the refrigerator, covered, for a couple of hours or longer.
- Leftovers should keep well, covered and refrigerated, for several days. If necessary, wake up leftovers with a little sprinkle of salt or drizzle of lemon juice.

## Ingredients

2 15oz tins of red kidney beans, rinsed and drained, or 3 cups cooked kidney beans  
1 15oz tin of chickpeas, rinsed and drained  
1 small red onion, diced  
2 stalks celery, chopped to a fine dice  
1 medium cucumber, peeled, seeded and diced  
2 tbsps chopped fresh parsley  
2 tablespoons chopped fresh dill or mint  
100 ml olive oil  
Juice from one and a half lemons  
3 cloves garlic, pressed or minced  
3/4 teaspoon salt  
Small pinch red pepper flakes

**Energy**  
**Carbohydrate**

*of which sugar*

**Protein**

**Fat**

*of which saturated fat*

572kcal

53g

7g

24g

31g

4g



Veg

# Bean & Carrot Patties

*Preparation time: 50 mins, Cooking time: 40 mins, Serves 6*

## Method

- Heat the oil in a large pan, add the onion and sauté for 2 minutes. Add the garlic, carrots, cumin and coriander and stir for 1 minute
- Pour in the stock, season well and bring to the boil
- Cover and simmer for 10-15 mins or until the carrots are tender - Leave to cool, drain the liquid from the carrots, then use a potato masher to mash them until lump free.
- Add the drained beans and mash again until a rough mash is formed - stir in the breadcrumbs and coriander, mix well and adjust the seasoning to taste.
- When cold, divide the mixture into six then use wet hands to shape each piece into a round patty about 2.5cm/1in thick. The patties can be chilled at this point if you're not serving them straight away.
- Preheat the oven to 220°C/Fan 200°C and put a large baking sheet in to preheat.
- Spray or brush a little oil on both sides of the patties then place them on the hot baking sheet.
- Bake for 20-25 minutes or until pale golden.

## Ingredients

1 onion, chopped  
 1 tbsp vegetable oil  
 2 cloves of garlic, crushed  
 450g carrots, chopped  
 1 tsp cumin, ground  
 1 tsp coriander, ground  
 200ml vegetable stock  
 salt & pepper  
 400g kidney beans  
 75g fresh wholewheat breadcrumbs  
 3 tbsp fresh coriander, chopped  
 olive oil

<b>Energy</b>	135kcal
<b>Carbohydrate</b>	19g
<i>of which sugar</i>	8g
<b>Protein</b>	4g
<b>Fat</b>	5g
<i>of which saturated fat</i>	1g





# Roasted Turnips with Parmesan

*Preparation time: 5 mins, Cooking time: 30 mins, Serves 4*

## Method

- Preheat oven to 240°C (Fan 220°C).
- On a rimmed baking sheet, combine turnips, cayenne, nutmeg, and oil.
- Season with salt and pepper and toss well to coat. Sprinkle with Parmesan and toss gently to combine.
- Arrange turnips in a single layer and roast until golden on both sides for about 25 to 30 minutes, flipping halfway through.
- Serve as a side dish with a main course.

## Ingredients

2 medium turnips, peeled and cut into  
1/2-inch wedges  
1/4 teaspoon ground nutmeg  
Coarse salt and ground pepper  
1/8 teaspoon cayenne pepper  
2 tablespoons extra-virgin olive oil  
1 tablespoon of grated Parmesan

<b>Energy</b>	128kcal
<b>Carbohydrate</b>	12g
<i>of which sugar</i>	11g
<b>Protein</b>	4g
<b>Fat</b>	8g
<i>of which saturated fat</i>	2g

# Be Inspired

## Avocado, Courgette, Beetroot & Cauliflower

*Avocado, Courgette,  
Beetroot & Cauliflower*

*All the titled  
vegetables are a  
great replacement for  
potatoes and have a  
lot more versatility  
than you may have  
thought.*

- Have you tried to make *cauliflower rice* as a substitute for rice?
- Buy a *spiraliser* and start spiralling your courgettes and other vegetables to use instead of spaghetti or pasta. Courgetti, as it's called, takes on the flavours of your sauce when cooking and is a very tasty alternative.
- Ever thought of making *cauliflower pizza or calzone*? It's just as tasty as normal pizza but with less carbs, see our recipe in the following pages.
- *Beetroot* can be used in savoury and sweet dishes, ever used it while baking a cake? *Roasting beetroot* with different vegetables is a great alternative to potato.
- *Avocado* mashed up with chilli flakes, chopped cherry tomatoes, spices and seasoning is lovely with a poached egg in the morning.
- Make ravioli out of *thinly sliced courgette* for another alternative to pasta.



# Roasted Sweet Potatoes and Pineapple

*Preparation time: 10 mins, Cooking time: 35 mins, Serves 4*

## Method

- Preheat oven to 220°C (Fan 200°C).
- On a rimmed baking tray, toss together sweet potatoes, pineapple, oil, and cayenne pepper.
- Season with salt.
- Roast until sweet potatoes and pineapple are tender and golden, 30 to 35 minutes, stirring every 10 minutes.

## Ingredients

2 sweet potatoes, peeled and cut into  
1 inch pieces  
2 tablespoons vegetable oil  
1 medium pineapple, peeled, cored, and  
cut into 1 inch pieces  
Salt  
1/4 teaspoon cayenne pepper

<b>Energy</b>	140kcal
<b>Carbohydrate</b>	23g
<i>of which sugar</i>	15g
<b>Protein</b>	1g
<b>Fat</b>	6g
<i>of which saturated fat</i>	0g



# Cauliflower Grilled Cheese Patties

*Preparation time: 25 mins, Cooking time: 25 mins, Serves 3/4*

## Method

- Cut cauliflower into florets. Process cauliflower florets in a food processor until the texture resembles rice. Alternatively, you can grate the cauliflower.
- In a medium bowl, combine processed cauliflower, eggs, Parmesan and oregano. Mix until evenly combined then season with salt and pepper.
- Heat a large non stick frying pan over medium heat. Spray with cooking spray then scoop the cauliflower mixture into a small patty on one side of the pan. Repeat to form a second patty on the other side. (These are your "bread" slices.) Press down on both pieces with a spatula and cook until golden underneath, about 5 minutes. Flip and cook until the other sides are golden, about 3 minutes more.
- Top one cauliflower slice with cheese then place the other cauliflower slice on top. Cook until the cheese is melted, about 2 minutes more per side. Repeat with remaining ingredients.

## Ingredients

1 head of cauliflower, (to make about 600gms processed cauliflower)  
2 eggs, lightly beaten  
2 tbspn finely grated Parmesan  
1/2 tspn oregano  
5 oz. grated Cheddar

**Energy**  
**Carbohydrate**

*of which sugar*

**Protein**

**Fat**

*of which 3saturated fat*

300kcal

8g

3g

20g

21g

11g



Veg

# Cauliflower Calzone

*Preparation time: 15 mins, Cooking time: 45 mins, Serves 2*

## Method

- Preheat oven to 220°C (Fan 200°C) and line a baking sheet with parchment. On a box grater or in a food processor, grate cauliflower and transfer to a large bowl. Microwave on high, 8 minutes. Drain thoroughly with paper towels or a cheesecloth until mixture is dry.
- Add egg, half the mozzarella, parmesan and minced garlic to cauliflower bowl and season with salt and pepper. Mix until combined.
- Form cauliflower into circle shapes on prepared baking sheet and bake until golden, 15 to 20 minutes.
- Spread pizza sauce over half of each round. Sprinkle with mozzarella and top with pepperoni and basil.
- Fold the cauliflower in half to cover the cheese and pepperoni. Return to oven and bake until the cheese is melted, about 5 more minutes.



### Ingredients

1 large cauliflower cut into florets  
2 eggs - beaten  
2 tbspn finely grated parmesan  
1 clove garlic minced  
Large mozzarella ball, drained, grated  
Salt and pepper  
10 small slices pepperoni  
4 tbsps tomato pizza topping  
Finely chopped basil

**Energy**  
**Carbohydrate**

*of which sugar*

**Protein**

**Fat**

*of which saturated fat*

340kcal

9g

5g

20g

25g

13g





# Spicy Popcorn Cauliflower

*Preparation time: 10 mins, Cooking time: 25 mins, Serves 4*

## Method

- Preheat oven to 220°C (Fan 200°C) and line a baking tray with parchment.
- Cook the cauliflower in a large saucepan of boiling water for 5 mins or until just tender. Drain well. Transfer to a large bowl. Stir in the egg
- Combine the breadcrumbs, parmesan, paprika and thyme in a large bowl. Add the cauliflower mixture and toss to combine.
- Arrange the mixture in a single layer over the lined tray. Season.
- Bake, turning occasionally, for 20 mins or until cauliflower is golden brown and crisp.
- Serve warm.

## Ingredients

1 cauliflower cut into small florets  
1 egg, lightly whisked  
75g Panko breadcrumbs  
140g finely grated Parmesan  
1 teaspoon smoked paprika  
2 teaspoons coarsely chopped thyme  
sprigs or herb of your choice

**Energy**  
**Carbohydrate**

*of which sugar*

**Protein**

**Fat**

*of which saturated fat*

200kcal  
27g  
5g  
12g  
6g  
3g



# Roasted Beetroot & Sweet Potatoes

*Preparation time: 10 mins, Cooking time: 1hr15mins, Serves 4*



## Ingredients

6 medium beetroots peeled and cut into chunks  
 2 1/2 tspns olive oil divided  
 1 teaspoon garlic granules  
 1 teaspoon sea salt  
 1 teaspoon ground black pepper  
 1 teaspoon sugar  
 3 medium sweet potatoes cut into chunks  
 1 large red onion chopped

## Method

- Preheat oven to 220°C (Fan 200°C).
- In a bowl, toss the beetroot with 1/2 tablespoon olive oil to coat. Spread in a single layer on a baking tray.
- Mix the remaining 2 tablespoons olive oil, garlic granules, salt, pepper and sugar in a large resealable plastic bag. Place the sweet potatoes and onion in the bag. Seal bag and shake to coat vegetables with the oil mixture.
- Roast beetroot for 15 minutes in the oven. Mix sweet potato mixture with the beetroot on the baking tray.
- Continue baking for 45 minutes, stirring halfway through, until all vegetables are tender.
- Serve as a side dish.

<b>Energy</b>	210kcal
<b>Carbohydrate</b>	42g
<i>of which sugar</i>	17g
<b>Protein</b>	3g
<b>Fat</b>	5g
<i>of which saturated fat</i>	1g



# Beetroot Salad with Apples & Walnuts

*Preparation time: 5 mins, Cooking time: 55 mins, Serves 4*

## Method

- Wash unpeeled beetroot and place in a pan. Cover with water and boil for 30-40 minutes, cooking until it can be pierced easily with a knife.
- Roughly chop the walnuts and toast briefly in a dry frying pan over medium heat.
- Mix the balsamic vinegar, olive oil, honey and horseradish. Season with salt and pepper.
- Place the cooked beetroots into cold water, peel and dice.
- Peel the apples and cut into matchsticks. Mix everything together and place in the fridge to meld the flavours.

This is a fresh and simple salad that works well as a starter any time that beetroot is in season. Of course, you can buy the beetroot ready cooked, but it tastes even better when you cook it yourself!

## Ingredients

500g beetroot  
12 walnuts  
1 large tart apple  
2 tablespoons balsamic vinegar  
2 tablespoons olive oil  
1 teaspoon honey  
1/2 - 1 teaspoon horseradish (fresh or from a jar)  
salt and black pepper to taste

<b>Energy</b>	130kcal
<b>Carbohydrate</b>	16g
<i>of which sugar</i>	15g
<b>Protein</b>	3g
<b>Fat</b>	6g
<i>of which saturated fat</i>	1g



# Creamy Wild Mushroom Courgetti

*Preparation time: 10 mins, Cooking time: 20 mins, Serves 4*

## Method

- Put the spiralised courgettes into a bowl and add salt, generously. Mix well and stand for 20mins. Drain after and pat down with kitchen paper to take away excess liquid.
- Put dried porcini mushrooms in a bowl and pour the just boiled water on top and leave to soak for 15mins.
- Heat olive oil in a large non-stick pan, add the onion and cook for 4-5 mins, then add the garlic and cook for a further 2 mins.
- Add the chestnut mushrooms, then drain the porcini liquid into the pan, chop the porcini and add them, the thyme leaves, cream to the pan, turn down the heat and simmer for 5mins, or until the sauce thickens.
- Stir through the parsley, then add the courgetti and mix well. Season once cooked for a further couple of mins.

## Ingredients

1kg courgettes spiralised  
50g dried porcini mushrooms  
250ml just-boiled water  
1 tbsp olive oil  
1 onion, finely diced  
4 garlic cloves, finely chopped  
250g chestnut mushrooms, sliced  
1 tbsp thyme leaves  
300ml light single cream  
2 tsp flat leaf parsley, finely chopped  
Salt and pepper  
20g Parmesan to finish

**Energy**  
**Carbohydrate**

*of which sugar*

**Protein**

**Fat**

*of which saturated fat*

220kcal

10g

8g

12g

16g

8g



# Bread

## Cloud Bread

Preparation time: 10 mins, Cooking time: 20 mins, Serves 8

### Method

- Heat oven to 150°C (Fan 130°C). and line 2 large baking sheets with baking paper, then grease well with butter or oil.
- In a large bowl and using electric beaters, whisk the egg whites together until stiff peaks form. You should be able to carefully turn the bowl upside down without it falling out.
- In another bowl, put the egg yolks, cream cheese and cream of tartar then whisk together (no need to wash the beaters first) until smooth, pale and frothy. Next, fold the egg whites, a spoonful at a time into the yolk mixture, be as gentle as you can with this so you don't knock out too much of the air and finally fold in the nigella seeds and season with salt and pepper.
- Carefully dollop the mixture onto the prepared baking sheets, if the mixture is a little runny when you get to the bottom of the bowl don't use the last few spoonfuls – only use the really fluffy mix on the top. Bake for 20 mins or until lightly golden and craggy on top.
- Allow to cool for a few moments before carefully removing from the paper with a palette knife. Use immediately, it does not store.

### Ingredients

Oil or butter for greasing  
 4 eggs, separated  
 50g cream cheese  
 1/4 tsp cream of tartar  
 1/2 tsp nigella seeds

<b>Energy</b>	45kcal
<b>Carbohydrate</b>	0g
<i>of which sugar</i>	0g
<b>Protein</b>	4g
<b>Fat</b>	3g
<i>of which saturated fat</i>	1g





# Cakes & Deserts



# Deserts

## Chocolate Mousse

Preparation time: 5 mins, Cooking time: 0 mins, Serves 2

### Method

- Halve, pit, and scoop out the flesh of the avocado. Soak the date in hot water until soft, then remove the pit and peel.
- Add all ingredients to a food processor and blend until smooth.
- Add more liquid as needed.

### *Change the taste by adding:*

- 1 to 2 drops of peppermint essential oil and 1/2 tablespoon chopped fresh mint into the mousse and blend, then garnish with more mint leaves.
- 1 to 2 drops of orange essential oil and top with orange zest.

### Ingredients

1 cauliflower cut into small florets  
1 egg, lightly whisked  
75g Panko breadcrumbs  
140g finely grated Parmesan  
1 teaspoon smoked paprika  
2 teaspoons coarsely chopped thyme  
sprigs or herb of your choice

<b>Energy</b>	180kcal
<b>Carbohydrate</b>	6g
<i>of which sugar</i>	4g
<b>Protein</b>	3g
<b>Fat</b>	16g
<i>of which saturated fat</i>	4g



# Red Velvet Cupcakes

Preparation time: 30 mins, Cooking time: 35 mins, Serves 12

## Deserts



### Ingredients

5 large eggs  
125ml sour cream  
1 tbsp vanilla extract  
60ml water  
12 drops red food colouring  
250g almond flour  
2 tsp sweetener  
3 tsp unsweetened cocoa powder  
1 tsp baking powder  
**Buttercream frosting:**  
4 tbsp butter, softened  
225g cream cheese, softened (full fat)

DOES THIS RECIPE NOT NEED  
ICING SUGAR OR EQUIVALENT  
IN BUTTER CREAM?

### Method

- Preheat oven to 180°C. Line 12 muffin cups with cupcake cases.
- In a bowl, beat eggs until frothy. Add the sour cream, vanilla extract, water and food colouring to the bowl; combine.
- In another bowl, add the almond flour, sweetener, cocoa powder and baking powder. Mix the dry ingredients into the wet ingredients and combine well.
- Pour the batter into the cake cases, filling 2/3 full. Bake 30 - 35 minutes until done. Insert a toothpick into centre and it should come out clean. Let cool before frosting.

### To make the buttercream frosting:

- Beat all the ingredients with a mixer until light & fluffy. Spread onto the cupcakes.

<b>Energy</b>	330kcal
<b>Carbohydrate</b>	3g
<i>of which sugar</i>	2g
<b>Protein</b>	9g
<b>Fat</b>	32g
<i>of which saturated fat</i>	13g



## Popcorn Bars

Preparation time: 10 mins, Cooking time: 2 hours, Makes 20 pieces

### Method

- Line a 20cm square baking tin with 2 layers of cling film.
- Melt the chocolate in a heatproof bowl over simmering water, making sure the bowl does not touch the water.
- Put all other ingredients in a bowl and mix. While chocolate is still warm, quickly pour into mix and stir with a spoon.
- Place into the lined baking tray and press down well. Cover with cling film and place in fridge for 2 hours.
- Turn out onto a board and chop into 20 small bitesize pieces.

### Ingredients

200g dark choc (70% cocoa, broken into pieces)

50g puffed cereal rice

40g salted popcorn \*

50g dried cranberries

50g large marshmallows, halved

\*Unsalted popcorn can also be used

**Energy**  
**Carbohydrate**

*of which sugar*

**Protein**

**Fat**

*of which saturated fat*

90kcal

12g

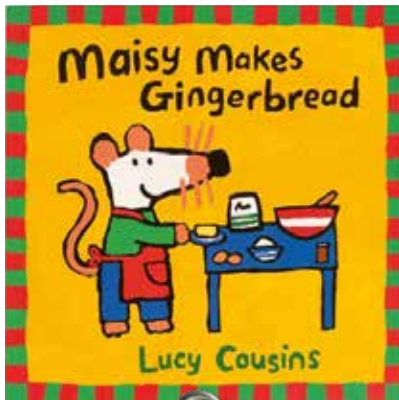
6g

1g

5g

2g





# Sugar Free Gingerbread from Maisie Mouse

Preparation time: 20 mins, Cooking time: 12 mins, Makes 10

## Method

- Mix the butter and sweetener together until light and fluffy. Add the egg and mix. Add all the other dry ingredients and mix until well combined.
- Adjust the dough with extra almond flour or water until it is the right consistency to be rolled out. Roll between two sheets of baking parchment, cut out shapes using cutters and place on a lined baking tray.
- Bake at 180C/350F for 10-12 minutes or until cooked (cooking times will vary considerably for this recipe and how crispy you like your gingerbread figures).
- Once cooked, you may want to turn them upside down and bake for a further minute to ensure they are crisp.

## Sugar free icing/frosting

- Microwave for 10-15 seconds or heat on the stove gently to soften (not melt) the butter and cream cheese together. Mix then add the vanilla and add sweetener to taste. Mix again. Allow to cool enough to be able to be piped onto the gingerbread figures.
- If the icing/frosting is too thick, add a few drops of water, if too thin, allow to cool in the fridge to allow the butter and cream cheese to solidify slightly.

## Ingredients

110g softened butter  
4 tbsp granulated sweetener (add more to taste)

1 egg  
200 g almond meal/flour  
4 tbsp coconut flour  
2 tsp ground ginger  
1/2 tsp ground cloves

### Sugar free icing/frosting

4 tbsp butter  
4 tbsp cream cheese (regular not spreadable)  
powdered sweetener to taste  
1 tsp vanilla

Thanks to author Lucy Cousins for allowing us to add this sugar-free gingerbread recipe to our collection.  
We know Maisie Mouse loves Gingerbread!

<b>Energy</b>	290kcal
<b>Carbohydrate</b>	3g
of which sugar	2g
<b>Protein</b>	7g
<b>Fat</b>	27g
of which saturated fat	11g





Be  
*Inspired*

My Notes...



Being  
*Inspired*

## Our Mission:

**To support all people affected by  
Glycogen Storage Disease**

There are at least ten distinct  
types of GSD.

GSD can affect the liver, the muscles or both. Diagnosis of the type of GSD is made on the basis of an individual's symptoms, physical examination and tests. Many people wait for years to get a diagnosis and we know that many people are living, untreated and undiagnosed.

GSD is RARE, people often feel isolated and lonely. AGSD-UK makes connections, provides information, meetings and conferences. Most of all we promote knowledge, learning, new treatments and self-help.

*By buying this recipe book you are helping  
us in everything we do.*



Association for Glycogen Storage Disease

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More information: [www.agsd.org.uk](http://www.agsd.org.uk)

This book was compiled by the AGSD-UK  
Pompe Support Team

