

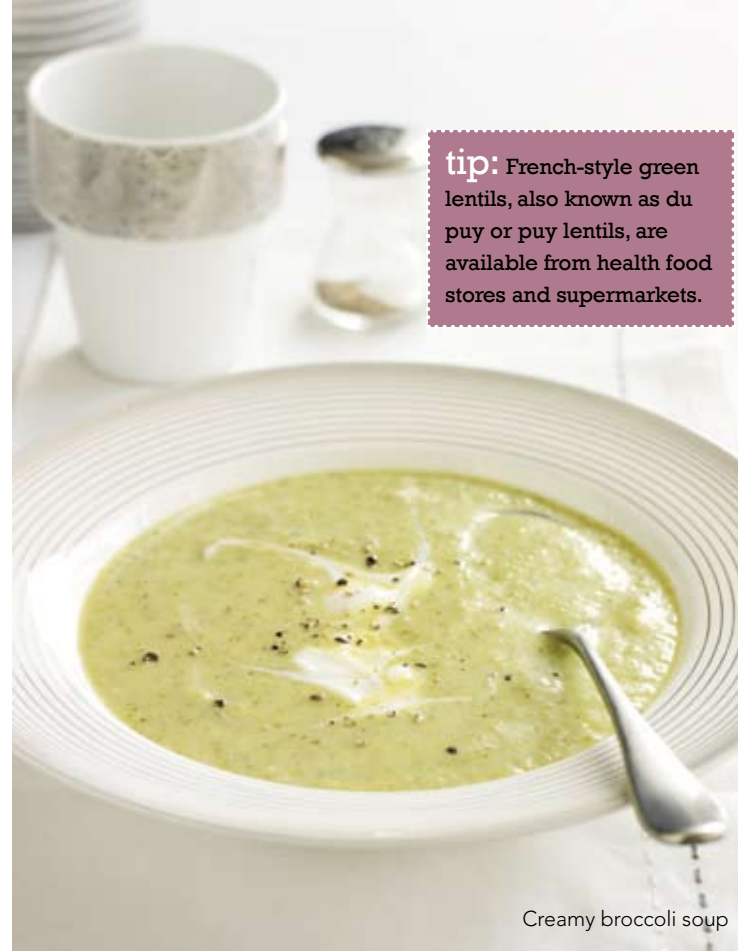
Gluten-free, vegetarian, allergic to milk ... or just plain picky? Whoever's coming to dinner, these dishes are sure to satisfy their needs – and your tastebuds!



Bacon, beetroot and green lentil salad

# allergy-friendly dinners

**note:** To be gluten-free, these recipes require gluten-free stock cubes or powders. We're recommending Massel as it's available nationally, but you can use any gluten-free stock you can find.



Creamy broccoli soup

**tip:** French-style green lentils, also known as du puy or puy lentils, are available from health food stores and supermarkets.

## BACON, BEETROOT AND GREEN LENTIL SALAD

**SERVES 4**

**Prep: 10min Cook: 50min**

**Cost per serve: \$3.56**

- Dairy-free
- Gluten-free

- 4 fresh beetroot, washed
- ¾ cup French-style green lentils
- 1½ cups Massel reduced-salt chicken stock
- 1 red onion, finely chopped
- 1 stalk celery, finely chopped
- 2 cloves garlic, peeled, chopped
- ¼ fennel bulb, finely chopped
- 200g bacon, grilled until crunchy
- 2 tablespoons chopped parsley
- 2 tablespoons chopped mint

- Step 1** Preheat oven to 220°C. Place beetroot in baking dish. Spray with oil. Cover with foil and bake for 45 minutes or until tender.
- Step 2** Place lentils and stock into a saucepan. Bring to the boil, then simmer, covered, for 20–25 minutes or until liquid is absorbed.
- Step 3** Spray a frying pan with oil; place over medium heat. Cook onion, celery and garlic until clear. Add fennel and cook for 1 minute. Add lentils. Crumble bacon and stir through. Transfer to a large bowl.
- Step 4** Peel and dice beetroot. Toss with herbs through lentil mixture. Serve immediately.

## CREAMY BROCCOLI SOUP

**SERVES 4**

**Prep: 15min Cook: 20min**

**Cost per serve: \$1.39**

- Dairy-free
- Gluten-free
- Vegetarian

- 1 leek, white part only, sliced
- 1 green onion, finely chopped
- ½ teaspoon grated fresh ginger
- 350g broccoli, cut into florets
- ⅔ cup light coconut cream
- 1½ cups of reduced-salt Massel vegetable stock
- plain soy yoghurt, to serve (optional)

- Step 1** Place a heavy-bottomed saucepan over medium heat. Spray with oil. Fry leek, green

- onion and ginger for 2 minutes or until soft. Add broccoli and cook for another 2 minutes, stirring occasionally.
- Step 2** Add coconut cream, stock and ½ cup water. Simmer for 15 minutes or until broccoli is tender.
- Step 3** Cool slightly, season with pepper and purée in a blender. Transfer soup back to saucepan. Gently reheat. Pour into individual bowls. Serve with yoghurt if desired, and garnish with pepper.



PER SERVE (not incl. yoghurt)	
480kJ/114cal	Sugars 3g
Protein 5g	Fibre 4g
Total Fat 8g	Sodium 420mg
Sat Fat 6g	Iron 1mg
Carbs 5g	Calcium 30mg



PER SERVE	
1220kJ/290cal	Sugars 10g
Protein 21g	Fibre 9g
Total Fat 11g	Sodium 910mg
Sat Fat 4g	Iron 4mg
Carbs 25g	Calcium 50mg

Recipes: Rowie Dillon. Photography: Ian Wallace. Styling: Louise Pickford. Food Prep: Wendy Quisumbing.



Salt & pepper chicken

**SALT & PEPPER CHICKEN**

**SERVES 6**

**Prep: 10min Marinade: 5min**

**Cook: 10min**

**Cost per serve: \$3.28**

Dairy-free

Gluten-free

- 1 fresh lemon, juiced
- 1 tablespoon rice bran oil
- 1 tablespoon finely chopped fresh thyme
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 3 cloves garlic, finely chopped
- 6 x 150g skinless chicken breasts
- olive oil spray
- 2 cups cooked brown rice, to serve
- seasonal vegetables, to serve

**Step 1** In a bowl, combine lemon juice, oil, thyme, salt, pepper and garlic and mix well. Pour mixture over chicken, turning several times to ensure each breast is evenly coated. Cover and set aside to marinate for 5 minutes.

**Step 2** Place a ridged chargrill pan over medium heat. Spray with cooking oil. Cook chicken for 5–6 minutes each side until golden-brown on each side and breasts are cooked through.

**Step 3** Serve with brown rice and a selection of seasonal vegetables.



PER SERVE (incl. vegies)	
1700kJ/405cal	Sugars 2g
Protein 38g	Fibre 6g
Total Fat 13g	Sodium 300mg
Sat Fat 3g	Iron 2mg
Carbs 30g	Calcium 50mg

**GLUTEN-FREE VEGIE PIE**

**SERVES 6**

**Prep: 30min Cook: 55min**

**Cost per serve: \$1.32**

Dairy-free

Gluten-free

Vegetarian

**Pastry**

- 60g Nuttelex Olive Oil spread, plus extra for greasing
- 75g rice flour
- 75g potato flour
- 75g instant polenta
- 2–3 tablespoons iced water
- 1 whisked egg, for brushing

**Filling**

- ½ tablespoon sunflower oil
- 1 clove garlic, finely chopped
- 1 zucchini, chopped
- 1 carrot, chopped
- 1 potato, peeled, chopped
- ½ sweet potato, peeled, chopped
- 2 heads broccoli, chopped
- 1 tablespoon gluten-free cornflour
- 1 cup Massel reduced-salt vegetable stock
- ¼ cup finely chopped, flat-leaf parsley
- large green salad, to serve

**Step 1** Preheat oven to 180°C. Grease a 25 x 15 x 4–5cm deep ovenproof dish with Nuttelex and set aside.

**Step 2** Sift flours and polenta together in a large, chilled bowl. Add knobs of Nuttelex into the flour and, using your fingertips, gently rub it in until the mixture resembles fine breadcrumbs. Form a well in the centre and slowly add 2 tablespoons iced



Gluten-free veggie pie


water. Bring mixture together with your hands until the dough forms a ball. If dough is dry, add 1 extra tablespoon iced water.

**Step 3** Knead dough for 3 minutes or until smooth and well combined. Form dough into a disc and roll out onto a gluten-free-floured bench top between two sheets of baking paper, until large enough to cover dish. Set aside.

**Step 4** Place a saucepan over medium heat. Cook oil and garlic for 1 minute. Add zucchini, carrot, potato, sweet potato and broccoli, and cook for a further 3 minutes.

**Step 5** Combine cornflour with ½ cup water until smooth. Add stock, cornflour mixture and

parsley to saucepan and simmer over low-medium heat for 4 minutes or until pie filling starts to thicken. Remove from heat and pour into prepared dish.

**Step 6** Carefully cover filling with rolled pastry. Seal and pinch the edges using a fork. Brush the pastry with whisked egg and bake for 35–40 minutes or until golden. Remove from oven and rest for 5 minutes prior to serving. 



PER SERVE (not incl. salad)	
1300kJ/310cal	Sugars 4g
Protein 10g	Fibre 7g
Total Fat 11g	Sodium 260mg
Sat Fat 2g	Iron 2mg
Carbs 40g	Calcium 60mg

**SORBET SANDWICH IN MELTING PASTRY**

**SERVES 6**

**Prep: 10min Chill: 2hr**

**Cook: 10min**

**Cost per serve: \$0.96**

- Gluten-free
- Dairy-free
- Vegetarian

- 2 punnets strawberries, hulled, thinly sliced
- 3 bananas, peeled, thinly sliced
- 60g Nuttalex Lite, diced
- 60g brown sugar
- 2 teaspoons ground ginger
- 2 tablespoons golden syrup
- 1 teaspoon lemon juice
- 60g plain gluten-free flour
- 20g gluten-free cornflour
- 1 tablespoon golden syrup

**Step 1** Line a large tray with baking paper. Place fruit onto tray and place in freezer for 1 hour or until half frozen.

**Step 2** Process frozen fruit in a food processor until creamy. Transfer to an 18cm x 18cm airtight container and return to freezer for 1 hour.

**Step 3** Preheat oven to 160°C. Spray 2 large baking trays with cooking oil. Place Nuttalex, sugar, ginger, golden syrup and lemon juice into a small saucepan over low-medium heat. When mixture has melted, slowly sift in flour and cornflour and stir to combine. Remove from heat.

**Step 4** Drop 6 heaped teaspoons of pastry mixture onto each baking tray, spacing them apart so they

have room to expand. Bake for 8 minutes or until pastry is golden brown. Set aside and allow to cool slightly before using a knife to lift pastry off baking tray.

**Step 5** Remove sorbet from freezer. Sandwich 1 scoop sorbet between 2 pastry layers. Repeat with remaining sorbet and pastry. Serve immediately, topped with a drizzle of golden syrup.

**TIP:** Find gluten-free plain flour mix in the health food aisle. **hfg**



PER SERVE	
970kJ/231cal	Sugars 31g
Protein 2g	Fibre 3g
Total Fat 6g	Sodium 70mg
Sat Fat 1g	Iron 1.5mg
Carbs 40g	Calcium 60mg



Sorbet sandwich in melting pastry



Recipes by Rowie Dillon, of Rowie's Cakes. Rowie is HFG's allergy-friendly cooking expert. For more info, visit [www.rowiescakes.com.au](http://www.rowiescakes.com.au).