

# GOODBYE *Gluten*

YOUR GF RECIPE EBOOK



FITNESS  
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# Going gluten free

For all you women out there with a gluten intolerance, we've got you! We've pulled together a few of our favourite gluten free recipes, ideal for lunch or dinner – or both. There's a variety of chicken, beef, seafood and vegetarian recipes for you to choose from.

When you join Fernwood, you'll unlock the rest of our delicious and nutritious gluten free recipes, plus nutritional information, workouts, meditations and more. It's always a good time to put your health and wellbeing first!

Enjoy xx





# Lemon chicken with yoghurt quinoa and salad

1607 KJ | PROTEIN 32G | CARBOHYDRATES 44G | FATS 6G

SERVES 1

## INGREDIENTS

- 75g chicken breast
- 35g red onion
- 1 tsp olive oil
- 1 lemon, juiced
- 1 tsp rosemary
- ¼ cup quinoa (raw)
- 10g coriander
- ½ cup frozen peas
- 25g 0% fat greek yoghurt
- 60g Lebanese cucumber
- ½ cup cherry tomatoes
- ¼ cup baby spinach
- Salt and pepper

## METHOD

1. Place the chicken in a ziplock bag. Add onion, chopped into large slices, 1/2 tsp oil, juice of the lemon and add remaining lemon and rosemary to bag. Marinate in the fridge for at least 1 hour (overnight is fine).
2. Preheat the oven to 200C. Place the marinated chicken, onion and lemon into a shallow baking dish and pour the marinade over. Cook for about 30 minutes or until cooked through. Rest.
3. While the chicken is baking, prepare quinoa according to packet instructions.
4. Chop coriander and steam, boil or microwave peas. Mix cooked quinoa, peas, coriander, and yoghurt. Season with salt and pepper.
5. Prepare the salad by slicing cucumber and tomatoes and mixing these with baby spinach. Season with salt and pepper and dress with ½ tsp of oil.
6. Serve quinoa topped with chicken and salad. Use additional lemon slices and green herbs as preferred.



# Mexican beef salad

1853 KJ | PROTEIN 30G | CARBOHYDRATES 27G | FATS 21G

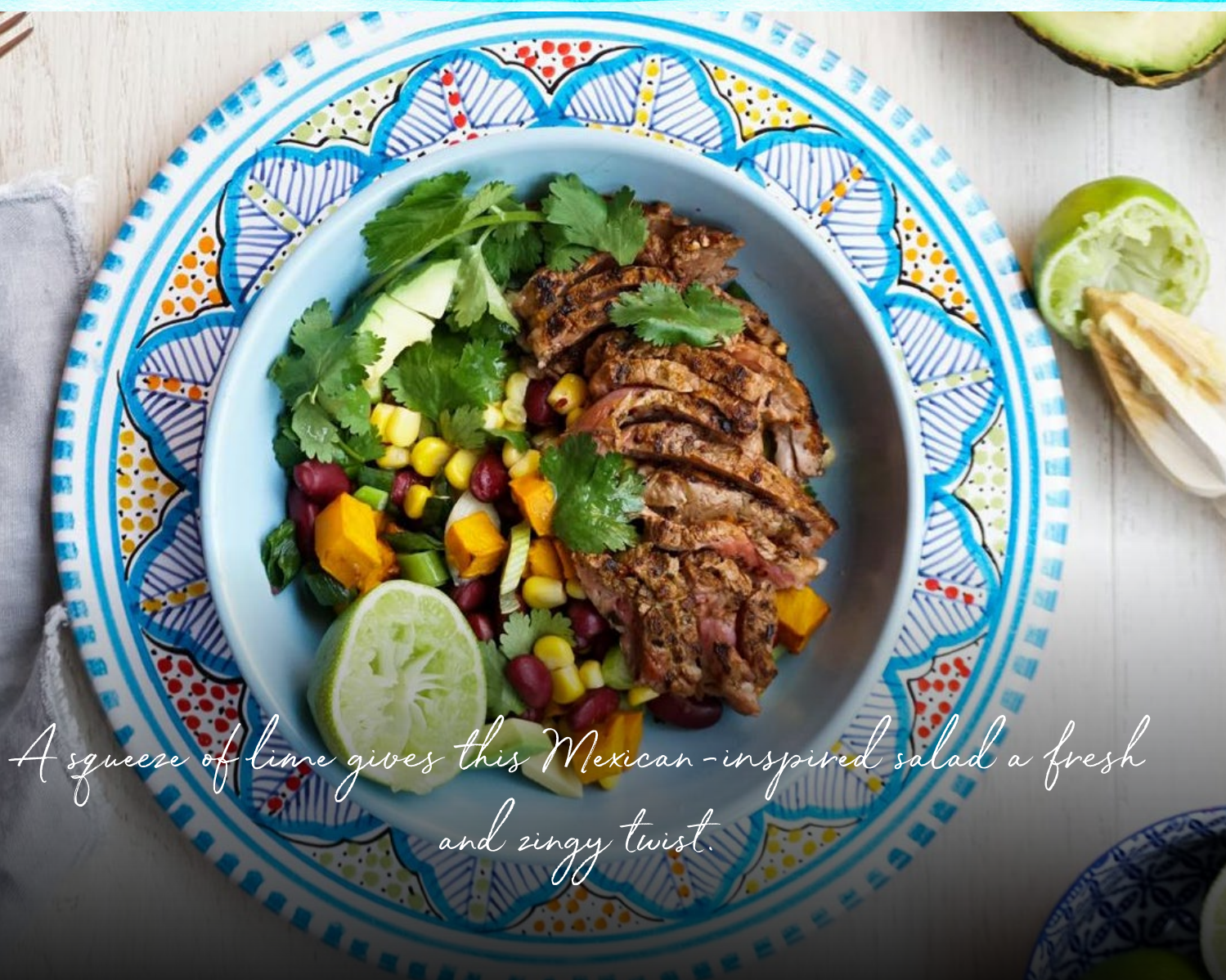
SERVES 1

## INGREDIENTS

- 50g pumpkin, peeled, cut into cubes
- ½ olive oil spray
- 90g lean beef fillet
- 2 tsp ground paprika
- 1 tsp oregano
- 2 tsp chilli flakes
- 1 small lime, halved
- 70g drained red kidney beans, rinsed
- ½ cup corn kernels, drained, rinsed
- 15g avocado, diced
- 1 spring onion, thinly sliced
- 2 garlic clove, crushed
- 2g fresh coriander leaves

## METHOD

1. Pre heat oven to 200°C. Place pumpkin on a baking tray, spray with half the oil and roast until golden and tender, shaking occasionally.
2. Sprinkle beef with paprika, oregano and chilli flakes, spray with remaining oil and cook to your liking. Set aside.
3. Juice half the lime. Cut the remaining lime into halves or quarters and cook cut side down for 1 minute.
4. Thinly slice the beef and in a large bowl combine and toss with pumpkin, beans, corn, avocado, coriander, spring onion, garlic and lime juice. Serve with cooked lime.



*A squeeze of lime gives this Mexican-inspired salad a fresh and zingy twist.*





*An easy paella, sure to impress*

## Seafood paella

1601 KJ | PROTEIN 22G | CARBOHYDRATES 43G | FATS 12G

SERVES 1

### INGREDIENTS

- ½ cup fish stock
- 40g brown rice (uncooked)
- 50g onion
- 3g garlic glove
- ½ tbsp extra virgin olive oil
- 1g ground paprika
- ½ g ground cayenne pepper
- ½ g saffron
- 1 pinch salt
- 75g seafood marinara mix
- ½ cup peas
- 25g beans
- 25g red capsicum, chopped
- 50g Roma tomatoes, chopped
- 10g black olives, chopped
- 5g parsley
- 5g coriander

### METHOD

1. Simmer rice in fish stock over a gentle heat for 25 minutes. Set aside. Do not drain.
2. Chop onion and mince garlic.
3. Heat the oil in a medium heavy-based saucepan. Add onion and garlic and cook, stirring for 5 minutes.
4. Add spices, seafood, peas and beans. Cook for 5 minutes.
5. Chop tomatoes, capsicum and olives. Add to the saucepan together with the reserved undrained rice.
6. Simmer the mix on a gentle heat for another 5-10 minutes.
7. Serve topped with chopped parsley and coriander. Add lemon wedges if desired.



# Smoky fritters with fresh salsa

1731 KJ | PROTEIN 19G | CARBOHYDRATES 42G | FATS 17G

SERVES 1

## INGREDIENTS

- 80g potato
- 1 garlic clove
- ½ cup baby spinach
- 20 g spring onion
- 40g chickpeas
- 1 large egg
- 25g chickpea flour
- 1 tsp smoked paprika
- ½ tbsp extra virgin olive oil
- 90g tomatoes
- 60g Lebanese cucumber
- 20g red onion
- 1 tbsp parsley
- 10g mint
- 10g basil
- ½ tbsp balsamic vinegar

## METHOD

1. Boil, steam or microwave the potato until soft. Let it cool slightly and mash it.
2. Finely chop baby spinach, onion and garlic. Mash chickpeas with a fork.
3. In a medium bowl, whisk the egg and gradually add the flour. Continue mixing. Add paprika, and mix well to combine. Form 3-4 fritters.
4. Heat the oil in the pan over a medium heat and cook the fritters for about 2-4 minutes on each side or until golden. Prepare the salsa by mixing together finely chopped tomato, cucumber, onion and herbs. Dress with vinegar.
5. Serve fritters topped with the salsa and enjoy!



*A recipe you can enjoy any time of day.*

# Happy Cooking

Don't forget to tag us in your gluten free creations with **#FernwoodFitness** on Instagram and Facebook.

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