

May 2021 Recipe of the Month

Coeliac Awareness Week 9th – 15th May

Coeliac disease is a condition that affects at least 1 in every 100 people in the UK.

Coeliac disease is an autoimmune disease, which is caused by an adverse reaction to gluten, which is a dietary protein found in 3 types of cereal (wheat, barley and rye). Eating foods that contain gluten can trigger a range of gut symptoms, such as diarrhoea (which may smell particularly unpleasant), stomach aches, bloating, flatulence, indigestion and constipation. It can also cause more general symptoms, including tiredness, unintentional weight loss and dermatitis herpetiformis (itchy rash).

For people with Coeliac disease, the immune system mistakes substances found inside gluten as a threat to the body and attack them. This damages the surface of the small bowel (intestines), disrupting the body's ability to take in nutrients from food.

There's no cure for coeliac disease, but following a gluten-free diet should help control symptoms and prevent the long-term complications of the condition.

This month's recipes are gluten free, therefore, suitable for all including people with Coeliac disease:

- **Homemade Fish Nuggets**
- **Lemon Chicken & Asparagus Noodles**

For more recipe ideas to support healthier eating please visit our Staff Health and Wellbeing website - <http://www.u-matter.org.uk/>.

We value your opinions, please send us your feedback, comments or why not send us you're tried & tasted healthier recipes. Feedback & comments: cookit@southerntrust.hscni.net

Useful sources of information

NHS - <https://www.nhs.uk/conditions/coeliac-disease/>

Coeliac UK - <https://www.coeliac.org.uk/home/>

Homemade Fish Nuggets



Prep: 20 mins
Cook: 15 mins



Easy



Serves 4



Nutrition: per serving (4)

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kcal	Fat	Carbs	Protein	Fibre
296	11g	27g	22.1g	3g

Ingredients:

375g (13oz) skinned cod fillet, cut into chunks
1 egg, beaten
100g (3½oz) gluten free breadcrumbs* or crushed cornflakes*
1 tsp (5g) dried mixed herbs
1 tbsp (15g) gluten free mix or flour*
Sunflower oil for frying

*check label

What you will need:

2x Shallow dish
Large frying pan or Baking tray

Methods:

1. Combine the gluten free breadcrumbs and dried mixed herbs
2. Put the gluten free flour into a shallow dish
3. Beat the egg and pour into another shallow dish
4. Dip the fish pieces in the flour, then in the egg and then into the breadcrumb or cornflake mix
5. Pour the oil into a large frying pan and cook fish over a medium heat for 10-15 minutes, turning frequently, until golden
6. Alternatively, instead of frying put on a baking tray, drizzle with oil and place in a medium oven for 12-15 minutes until cooked and hot all the way through.

Recipe from - <https://www.coeliac.org.uk/information-and-support/your-gluten-free-hub/home-of-gluten-free-recipes/4490/>

Lemon Chicken and Asparagus Noodles



Prep: 20 mins

Cook: 15 mins



Easy



Serves 4



Nutrition: per serving (4)				
kcal	Fat	Carbs	Protein	Fibre
371	10.1g	34.2g	34.9g	1.6g

Ingredients:

15ml (1tbsp) olive oil
1 clove garlic, crushed
2 shallots, finely chopped
400g (14oz) chicken fillets, cubed
250g (9oz) asparagus tips, halved lengthways
Juice and zest of 1 lemon
4 tbsp (60g) low fat creme fraiche
20g (¾oz) fresh basil, chopped
150g (5oz) rice noodles or gluten free spaghetti*

*check label

What you will need:

Large frying pan
Wooden Spoon
Saucepan

Methods:

7. Heat the oil in a frying pan and saute the garlic and shallots for 2 minutes
8. Stir in the chicken and cook until golden, about 7-8 minutes
9. Add the asparagus, lemon juice and zest and cook for a further 3-4 minutes
10. Cook the noodles or spaghetti according to the packet instructions and drain well
11. Add the creme fraiche, basil and noodles to the chicken
12. Heat through and serve.

Recipe from - <https://www.coeliac.org.uk/information-and-support/your-gluten-free-hub/home-of-gluten-free-recipes/4476/>